



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

PUBLIC HEALTH - DAYTON & MONTGOMERY COUNTY

Monthly Update

FEBRUARY 2025



The 2025 Fatherhood Summit

The 2025 Montgomery County Fatherhood Summit was held on January 30 at Sinclair College. The event was designed to bring together local agencies, organizations, and community partners with a shared goal of supporting fathers in overcoming barriers and strengthening their relationships with their children.

Public Health's Men's Health Supervisor, John Payne, presented on the Every Parent Matters Program and the Men's Health Initiative.

Every Parent Matters is a home visiting program for dads that encourages fathers' participation by offering separate home visits as well as joint home visits with the mothers. The program uses an evidence-based curriculum, which is designed with a hands-on approach to meet the specific needs of fathers. In addition to providing families with resources and services, it makes sure fathers understand how important they are in the lives of their children. The goal is to make sure all families and service providers appreciate the benefits of both parents being involved in raising children.

The program also conducts monthly meetings to provide friendship, support, and parenting tips to help men become better dads.

The Men's Health Initiative works to educate men about the importance of their overall health through encouraging regular exercise, good nutrition, and seeing a healthcare provider for recommended health screenings. The goal is to reduce the risk of illness and early death by preventing chronic diseases.

For more information about these programs, contact John Payne at (937) 496-6849 or visit <https://www.phdmc.org/programs-a-to-z/every-parent-matters>



Are You Betting More Than You Can Afford to Lose?



Super Bowl LIX will take place on Sunday, February 9, at the Caesars Superdome in New Orleans, Louisiana. Each year the game is accompanied by an increase in betting activity. The American Gaming Association estimated that approximately \$16 billion was bet on last year's game. According to the National Council on Problem Gambling, between 1% and 3% of the general adult population, or over 5.1 million people, experience a gambling problem every year. In addition, gambling problems are often unrecognized, and many people may not be aware of them. In many people, a gambling addiction also co-exists alongside other problems such as an alcohol disorder or substance misuse.

"As more states continue to legalize sports betting, the chances are even greater for individuals to develop a gambling addiction," said Madonna Marable, Recovery Services Senior Manager, Public Health - Dayton & Montgomery County. "The ease of mobile betting increases the temptation to bet more than you can afford to lose, which makes it easier to hide your betting from concerned loved ones."

Gamblers may take this confidential self-assessment quiz to help them understand if they may have a problem, <https://pausebeforeyouplay.org/play-responsibly/rate-your-risk/>

[Public Health's Recovery Services](#) program offers free help for gambling disorders. To schedule an appointment with one of Public Health's counselors call 937-461-5223 or visit www.phdmc.org.

SIGNS THAT YOU MAY HAVE A GAMBLING PROBLEM

- Betting more than you can afford to lose
- Borrowing money to gamble
- Lying about time or money spent on gambling
- Betting more over time to feel the same sense of excitement
- Exaggerating wins and minimizing losses
- Spending a lot of time gambling or thinking about gambling
- Becoming irritable when not gambling
- Hiding bills or debts

Take the Quiz!



National Condom Week 2025 February 14-21

Condoms serve as barriers between bodies by stopping or greatly reducing people's exchange of bodily fluids during sex. When used correctly, condoms can be highly effective at preventing pregnancy and the spread of sexually transmitted infections, including Human Immunodeficiency Virus (HIV) and hepatitis. The best choice for protection from both STIs and unintended pregnancy is a condom.

Correct condom use starts with healthy communication, making sure everyone is consenting to use condoms safely and effectively, and ensuring the condom is not expired or damaged. You may be surprised to learn that steps to ensuring you're using an external condom correctly, are simple and easy to remember. While condoms do offer protection against STIs, they are not 100 percent effective, so STI testing is recommended anytime symptoms occur. You should get screened for STIs, even if you have no symptoms, with each new sex partner. Doing STI screening annually, or even more frequently, is recommended for some individuals depending on age and sexual risk factors.

Make sure you're communicating and engaging in an open dialogue about safer sex practices this National Condom Week and beyond. To learn more about how to properly use condoms visit <https://my.clevelandclinic.org/health/treatments/9404-condoms>



During February's American Heart Health Month, Public Health encourages you to learn more about heart health, and to take steps to prevent heart disease, as it is the leading cause of death in the United States. The term "heart disease" refers to several types of heart conditions. The most common type of heart disease is coronary artery disease (CAD), which can lead to heart attack. You can reduce your risk for heart disease through lifestyle changes and, in some cases, medicine.

Follow these Tips for a Healthy Heart:

Don't Smoke: Cigarette smoking greatly increases your risk for heart disease. If you don't smoke, don't start. If you do smoke, quitting will lower your risk for heart disease. Your doctor can suggest ways to help you quit.

Balanced Nutrition: Incorporate heart-friendly foods like fruits, vegetables, whole grains, and lean proteins into your diet. Limiting saturated fats, sodium, and processed sugars can go a long way in maintaining a healthy heart.

Regular Exercise: Aim for at least 150 minutes of moderate-intensity exercise per week. Whether it's a brisk walk, a dance class, or a swim, find an activity that brings you joy and gets your heart pumping.

Stress Management: Chronic stress can take a toll on your heart. Explore stress-reduction techniques such as meditation, deep breathing exercises, or yoga to keep your mind and heart in harmony.

Regular Check-ups: Schedule regular check-ups with your healthcare provider to monitor your blood pressure, cholesterol levels, and overall cardiovascular health. Early detection and management of risk factors can be key in preventing heart-related issues.

Adequate Sleep: Aim for 7-9 hours of quality sleep each night. Adequate rest allows your heart and body to rejuvenate and contributes to overall cardiovascular health.

[Learn more here about preventing heart disease.](#)



National 
Wear Red Day



Wear red on National #WearRedDay because losing even one woman to heart disease or stroke is too many.

Join the fight against the #1 killer of women.



Celebrating **Black History Month**

Public Health celebrates Black History Month paying tribute to these “Black Icons of Health.” These individuals have contributed to society in monumental ways and made significant contributions to the field of health during their lifetime.



Charles Richard Drew (June 3, 1904 – April 1, 1950)

Charles Richard Drew was an American surgeon and medical researcher. He researched in the field of blood transfusions, developing improved techniques for blood storage, and applied his expert knowledge to developing largescale blood banks early in World War II. Public Health’s Drew Health Center is named in his honor.



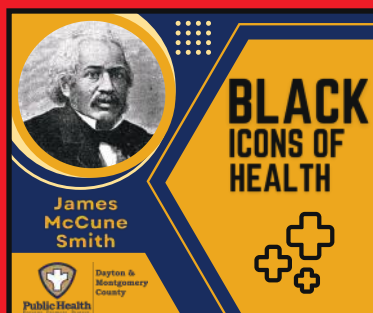
Minnie Joycelyn Elders (born August 13, 1933)

Minnie Joycelyn Elders is an American pediatrician and public health administrator who served as Surgeon General of the United States from 1993 to 1994. A vice admiral in the Public Health Service Commissioned Corps, she was the second woman, second person of color, and first African American to serve as Surgeon General.



Mae Carol Jemison (born October 17, 1956)

Mae Carol Jemison is an American engineer physician, and former NASA astronaut. She became the first Black woman to travel into space when she served as a mission specialist aboard the Space Shuttle Endeavour. Jemison was a doctor for the Peace Corps in Liberia and Sierra Leone from 1983 until 1985 and worked as a general practitioner.



James McCune Smith (April 18, 1813 – November 17, 1865)

James McCune Smith was an American physician, apothecary, abolitionist, and author who was born in Manhattan. He was the first African American to hold a medical degree from the University of Glasgow in Scotland. After his return to the United States, he became the first African American to run a pharmacy in the nation.

Signs & Symptoms of Seasonal Affective Disorder (SAD)

Many people go through short periods when they feel sad or unlike their usual selves. Sometimes, these mood changes begin and end when the seasons change, which is called seasonal affective disorder (SAD). People with SAD experience mood changes and symptoms similar to depression. The symptoms usually occur during the fall and winter months when there is less sunlight and usually improve with the arrival of spring.

SAD has been linked to a biochemical imbalance in the brain caused by shorter daylight hours and less sunlight in winter. As seasons change, people experience a shift in their biological internal clock or circadian rhythm that can cause them to be out of step with their daily schedule. Not every person with SAD experiences all the symptoms though. Learn more about SAD from the National Institute of Mental Health [here](#). SAD symptoms can vary from mild to severe and can include many symptoms similar to major depression, such as:

- Feeling sad or having a depressed mood
- Loss of interest or pleasure in activities once enjoyed
- Changes in appetite; usually eating more, craving carbohydrates
- Change in sleep; usually sleeping too much
- Loss of energy or increased fatigue despite increased sleep hours
- Increase in purposeless physical activity (e.g., inability to sit still, pacing, handwringing) or slowed movements or speech (these actions must be severe enough to be observable to others)
- Feeling worthless or guilty
- Difficulty thinking, concentrating, or making decisions
- Thoughts of death or suicide

Talk to your doctor to discuss a treatment plan if you are experiencing symptoms of SAD. If you or someone you know is struggling or having thoughts of suicide, call or text the 988 Suicide and Crisis Lifeline at 988 or chat at 988lifeline.org. In life-threatening situations, call 911. People with SAD are also more likely to have substance misuse. If you or someone you know is struggling with substance misuse, call [Public Health's Recovery Services](#) program at **(937) 461-5223**.



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

Budget Analyst
Public Health Nutrition Associate
Air Pollution Control Specialist I
Environmental Health Specialist In Training
PH Communicable Disease Clinic Senior Manager
Senior Programmer/Sys Administrator
Director Administration
Accounting Specialist
Director Health Services



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APPLY NOW



 - 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

February 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](#).



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

6:00 PM – 7:00 PM
Dayton Metro Library – W...

REGISTER



RECOVERY SERVICES
Parenting Classes

11:00 AM – 12:00 PM
Elizabeth Place



MATERNAL AND CHILD HEALTH
Nourish Your Newborn Class

2:00 PM
Drew Health Center



MATERNAL AND CHILD HEALTH
Nourish Your Newborn Class

2:00 PM – 3:00 PM
Sunrise Center



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

11:00 AM – 12:00 PM
Dayton Metro Library – We...

REGISTER



RECOVERY SERVICES
Parenting Classes

11:00 AM – 12:00 PM
Elizabeth Place



MATERNAL AND CHILD HEALTH
Nourish Your Newborn Class

2:00 PM
Drew Health Center



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

6:00 PM – 7:00 PM
Dayton Metro Library – Tro...

REGISTER



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

11:00 AM – 12:00 PM
Dayton Metro Library – Ele...

REGISTER



MATERNAL AND CHILD HEALTH
Nourish Your Newborn Class

2:00 PM
Sunrise Center



RECOVERY SERVICES
Parenting Classes

11:00 AM – 12:00 PM
Elizabeth Place



MATERNAL AND CHILD HEALTH
Safe Sleep Ambassador Training

1:00 PM – 3:00 PM
Virtual

REGISTER HERE

EVENTS

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FEB 20 THU

Pumping 101 Classes

MATERNAL AND CHILD HEALTH
Pumping Class 101

4:00 PM - 5:00 PM
Sunrise Center

FEB 24 MON

Monthly Fatherhood Club

MATERNAL AND CHILD HEALTH
Monthly Fatherhood Club

5:30 PM
Goodwill Eastseals West ...

[REGISTER HERE](#)

FEB 24 MON

CHRONIC DISEASE PREVENTION
Hypertension with Public Health - Dayton & Montgomery County

6:00 PM - 7:00 PM
Dayton Metro Library - Wil...

[REGISTER](#)

FEB 27 THU

Strengthening Families
PARENTING CLASSES
7 WEEK SERIES

RECOVERY SERVICES
Parenting Classes

11:00 AM - 12:00 PM
Elizabeth Place



MEDIA

Date	News Source	Topic
1/3/25	AP News	Public Health Funding
1/3/25	WYSO	Flu
1/13/25	DDN	Moms & Babies
1/13/25	ABC 22	Doctor Appointments
1/15/25	WHIO	Flu and Norovirus
1/28/25	DDN	Federal Funding

Submitted by:

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

