

Monthly Update

SEPTEMBER 2025

Expedited Partner Therapy (EPT)

[Expedited Partner Therapy \(EPT\)](#) is a game-changer in the world of sexual health. It's a simple yet powerful strategy that allows healthcare providers to treat the sexual partners of a patient diagnosed with a sexually transmitted infection (STI), like chlamydia or gonorrhea, without a prior medical examination.

Why EPT Matters

STIs can spread rapidly, and treating just one person in a partnership often isn't enough to stop the chain of transmission. The reality is, many sexual partners don't seek treatment themselves due to various reasons including stigma, lack of access to healthcare, or simply not knowing they're at risk. EPT breaks down these barriers by providing the patient with the necessary medication or a prescription to give to their partner.

How EPT Works

The process is straightforward:

1. **Diagnosis:** A patient is diagnosed with chlamydia or gonorrhea.
2. **Consultation:** The healthcare provider discusses EPT with the patient, explaining the importance of treating their partner.
3. **Medication:** The provider gives the patient a prescription or a pre-packaged dose of antibiotics to deliver to their partner.
4. **Instructions:** Clear instructions on how and when the partner should take the medication are provided.

The Benefits of EPT

- **Reduces Re-infection:** By treating both partners simultaneously, EPT significantly lowers the risk of re-infection, preventing the "ping-pong" effect where the infection is passed back and forth.
- **Breaks the Chain of Transmission:** This method is a crucial tool in public health efforts to control the spread of STIs, protecting the broader community.
- **Improves Access to Care:** EPT removes the need for a partner to schedule a separate doctor's visit, which is especially beneficial for those with limited access to clinics or health insurance.
- **Cost-Effective:** By preventing re-infections and further spread, EPT reduces the overall healthcare costs associated with treating STIs and their complications.

Public Health offers EPT as an option during treatment in the [Public Health Clinic](#), to schedule an appointment for STI testing call (937) 225-4550.



Expedited Partner Therapy

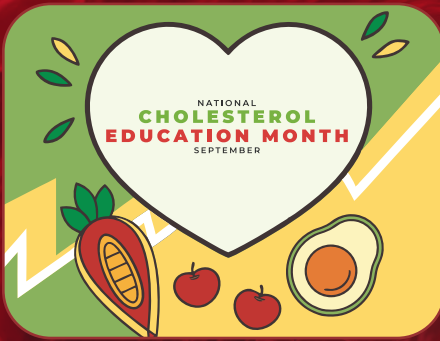
Did you know?

If you're treated for chlamydia or gonorrhea, you can also get medication for your partner, with no clinic visit necessary for them.

Ask us about **Expedited Partner Therapy (EPT)** at the Public Health Clinic

- Talk to your partner
- Get tested together
- Treatment is available

 **Call (937)225-4550**



National Cholesterol Education Month

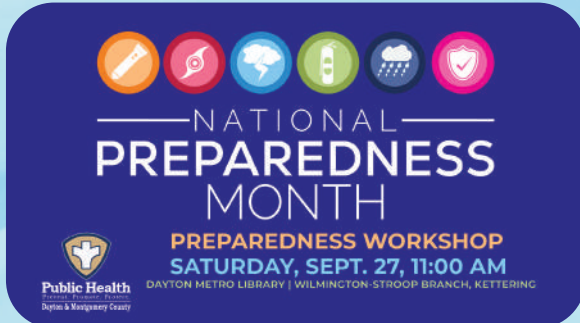
New research from Johns Hopkins University highlights a significant gap between the number of Americans who should be taking cholesterol-lowering drugs like statins and the number who actually do. Despite the proven effectiveness and safety of these drugs, they are not being used widely enough. This is a problem because **coronary artery disease**, a condition that statins help prevent, is still a leading cause of death in the U.S.

To quantify this, researchers analyzed data from nearly 5,000 U.S. adults and found some striking numbers:

- ➔ Of the adults who had never had a major cardiovascular event, **47%** were eligible for cholesterol-lowering drugs, but only **23%** were taking them.
- ➔ Of the adults who had a major cardiovascular event in the past, **100%** were eligible for the medication, yet only **68%** were receiving treatment.

The researchers estimate that closing this treatment gap could have a huge impact, potentially preventing nearly 100,000 non-fatal heart attacks and up to 65,000 strokes each year. It could also prevent tens of thousands of bypass surgeries and stent procedures annually, saving the U.S. up to \$30.6 billion in yearly medical costs.

The study's findings were published in the [Journal of General Internal Medicine](#).



National Preparedness Month

Plan. Pack. Prepare: An Emergency Readiness Program

Join Public Health for a [free Emergency Preparedness Workshop](#) on Saturday, September 27, at 11:00 am at the Dayton Metro Library's Wilmington-Stroop branch in Kettering. You will learn, how to plan ahead for when disaster strikes, including building a kit with essential items to keep you and your family safe.

Topic areas will consist of the following:

- **Situational Awareness** – identifying and understanding the types of dangers that are specific to your community.
- **Build a Kit** – Gathering essential items like food, water, first-aid supplies, and medication.
- **Water Sources** – What water is safest during emergencies and how to make it safe if necessary.
- **Food Supplies** – What foods are best to have during disasters and how long does it last.
- **Making a Plan** – Developing a plan where family/household members can communicate, where to meet if separated, and develop an evacuation plan

Click here to [register](#).



September is Suicide Prevention Month:

Together We Can Make a Difference.



Each September, communities across the country come together to raise awareness, offer support, and promote hope during [Suicide Prevention Month](#). It's a time to remind ourselves that mental health matters, and that help is always available.

Suicide is a complex and deeply personal issue, but it's also preventable. By fostering open conversations, reducing stigma, and connecting people to resources, we can save lives.

Know the Signs - Start the Conversation:

Warning signs of suicide can include:

- Talking about feeling hopeless or having no reason to live
- Withdrawing from friends, family, or activities
- Changes in mood, sleep, or behavior
- Increased use of alcohol or drugs

If you notice these signs in someone you care about, don't wait. Reach out. A simple conversation can be life-changing.

Resources That Make a Difference:

988 Suicide & Crisis Lifeline:

Call or text 988 to connect with trained counselors 24/7.



Montgomery County Loss Team:

The [Montgomery County L.O.S.S. Team](#) exists to provide immediate, compassionate support to individuals and families affected by suicide through a peer-based model.

We aim to create a safe environment for survivors to begin navigating their grief and connect with local resources.

The "Year of the Man" Challenge

A Holistic Approach to Male Health and Well-Being

Launched in January, our year-long "Year of the Man" challenge is designed to foster a comprehensive understanding and practice of holistic male health. Through a series of monthly, 30-day challenges, we promote engagement in key areas of well-being.

Our Focus Areas Throughout the Year:

- Health and Wellness: Providing resources and strategies for holistic health.
- Empowerment and Growth: Encouraging positive self-affirmations and motivational encouragement.
- Community and Relationships: Promoting active parenting approaches and civic engagement.
- Meaningful Dialogue: Offering conversation starters to broaden perspectives on men's health.

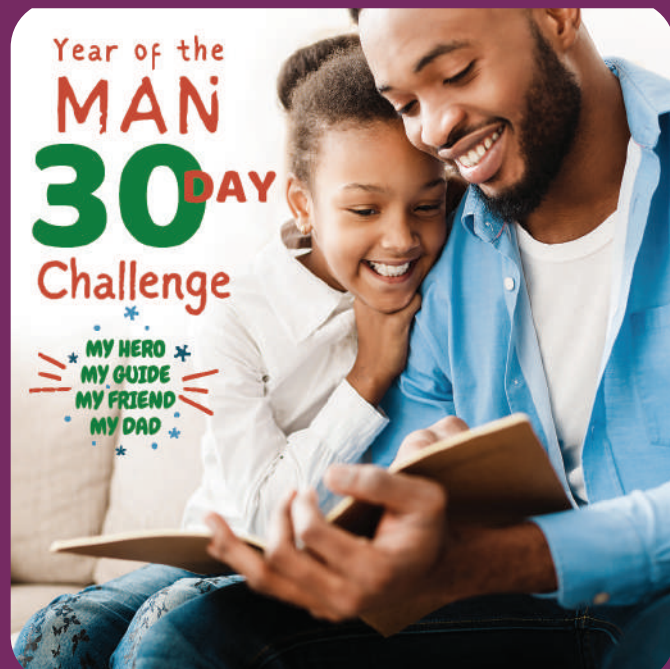
Our Vision is that every monthly challenge creates ripple effects, shifting how we all approach men's health. We hope to inspire increased positive self-awareness and access to care, empowering men to activate their gifts and talents more fully in every part of their lives—for their families, communities, and themselves.

Our Ultimate Goal is for men to experience:

- Increased positive self-awareness
- Greater access to care and supports
- Expanded community compassion
- More opportunities to fully activate their gifts, talents, and responsibilities in all their relationships and for themselves.

How You Can Participate:

Support our vision by sharing this year-long journey. We provide monthly challenge sheets for you to distribute with your clients and community partners. The challenges are thoughtfully designed: some are for men, while others are for key support systems like school staff, service providers, and family members. The [Men's Health](#) and Every Parent Matters Team appreciates your support!



National Infant Mortality Awareness Month



September is National Infant Mortality Awareness Month. Public Health is 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 U.S. has made significant progress in reducing infant mortality over the years, disparities persist; currently in Montgomery County, black babies die at a rate of 2x 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)** is the 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.
- **Reduce Health Disparities:** Address social determinants of health, such as, racism, poverty, education, and access to healthy food.
- **Safe Sleep Practices:** Promote the A,B,C's of Safe Sleep: babies should always sleep alone, on their back, and in a crib.

Public Health offers FREE training so you can learn the ABCs of Safe Sleep and become a Safe Sleep Ambassador. Learn more and register [here](#).



Zoning Alliance Meeting

Environmental Health staff hosted a meeting of the Zoning Alliance on August 13, at the Madison Lakes Conference Center in Trotwood. The Zoning Alliance is a coalition of zoning, property maintenance and code enforcement officials from jurisdictions in and around Montgomery County. The group has quarterly meetings to discuss current issues, best practices and cooperation among the jurisdictions and departments. Public Health presented on the Nuisance Program, and how the agency could assist other jurisdictions in the county. The meeting was attended by the County Treasurer's office, Jefferson Twp, City of Dayton, City of Troy, Harrison Twp, among others.



Public Health Attends Food Safety Conference

The International Association for [Food Protection](#) (IAFP) held its annual conference at Huntington Convention Center in Cleveland, Ohio during the last week in July. More than 3000 food safety professionals from industry, academia, and government from within the U.S. and over 30 countries outside of the U.S. attended.

The Ohio Association for Food Protection (OAFP) is the local affiliate organization and provided assistance to IAFP with the local arrangements. Environmental Health's Connie Freese holds the Affiliate Delegate position within OAFP and helped to organize the OAFP volunteers. Connie was joined by Tierra Curington and Alyssa Curington for the three days of meetings, symposiums, and round table discussions as well as the Professional Development Group meetings.



Conference sessions offered many food safety topics including:

- ➔ Allergen Management in Hospitality Venues
- ➔ Empowering Education: Creating Inclusive and Engaging Training Programs
- ➔ Implications of Extreme Weather on Food Safety from Farm-to-Fork and Beyond
- ➔ Warming the Frozen Food Supply Chain: Food Safety and Spoilage Implications



Attendees were able to review and discuss current food safety research being conducted by more than 200 master's and PhD students during the poster sessions throughout the conference.

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 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.





Hispanic Heritage Month

[Hispanic Heritage Month](#), celebrated from September 15 to October 15, is a national observance that honors the history, culture, and contributions of Hispanic and Latinx people in the United States. In the health sector, it's a time to address the unique health needs, challenges, and disparities that affect this significant and diverse population. During the month Public Health continues to work toward offering opportunities to improve cultural competency, provide culturally tailored resources, foster equitable care, and recognize the vital work of Hispanic healthcare professionals who serve as bridges to their communities.

Hispanic health disparities include higher rates of obesity and type 2 diabetes, higher risk for certain chronic conditions like cardiovascular disease, and higher uninsured rates compared to non-Hispanic whites, leading to poorer health outcomes. Factors contributing to these disparities include limited access to preventative care, language and cultural barriers, and socioeconomic challenges.

New Blood Pressure Guidelines

Recommendations include an earlier start to treatment and skipping alcohol

The American Heart Association and American College of Cardiology have released their first new blood pressure guidelines since 2017, emphasizing earlier intervention and stronger lifestyle changes. For adults with systolic readings of 130–139 mm Hg at low risk of heart disease, providers are now advised to begin with lifestyle modifications and move to medication if needed within months, lowering the threshold for treatment.

The guidelines also recommend abstaining from alcohol, reflecting new evidence of its negative impact on [blood pressure](#). With nearly half of U.S. adults affected, these changes highlight the critical role of public health communication in promoting prevention and clear health messaging.



Fewer Americans Drinking Alcohol

A record low percentage of adults report they drink

A recent Gallup poll shows U.S. alcohol consumption has reached a record low, with only 54% of adults reporting they drink. Public awareness of alcohol's health risks—such as increased cancer, depression, and anxiety—appears to be influencing behavior, particularly among younger adults. Only 50% of Americans ages 18–34 drink, and two-thirds view moderate drinking as harmful.

Researchers note cultural shifts, including social acceptance of abstinence, popularity of alcohol-free options, and cost considerations. Gender differences persist, with women favoring wine and men beer. Public health communicators can leverage these insights to inform campaigns on safe consumption and health messaging. Read more from NPR [here](#).



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.

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. 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.

[illegible]

Figure 1



- Neighborhood Navigator II

EVENTS

September 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](#).

SEP 4
THU

Strengthening Families
PARENTING CLASSES
7 WEEK SERIES

RECOVERY SERVICES
Parenting Classes

● 11:00 AM - 12:00 PM
● Elizabeth Place

SEP 9
TUE

Nourish Your Newborn Classes

MATERNAL AND CHILD HEALTH
Nourish Your Newborn Class

● 2:00 PM
● Drew Health Center

SEP 10
WED

Nourish Your Newborn Classes

MATERNAL AND CHILD HEALTH
Nourish Your Newborn Class

● 2:00 PM - 3:00 PM
● Sunrise Center

SEP 11
THU

Strengthening Families
PARENTING CLASSES
7 WEEK SERIES

RECOVERY SERVICES
Parenting Classes

● 11:00 AM - 12:00 PM
● Elizabeth Place

SEP 16
TUE

Nourish Your Newborn Classes

MATERNAL AND CHILD HEALTH
Nourish Your Newborn Class

● 2:00 PM
● Drew Health Center

SEP 17
WED

Person In Charge (PIC) Training

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

● 9:00 AM - 12:00 PM
● Reibold Building - Environme...

CALL TO REGISTER (937) 225-4460

SEP 17
WED

Nourish Your Newborn Classes

MATERNAL AND CHILD HEALTH
Nourish Your Newborn Class

● 2:00 PM
● Sunrise Center

SEP 18
THU

Strengthening Families
PARENTING CLASSES
7 WEEK SERIES

RECOVERY SERVICES
Parenting Classes

● 11:00 AM - 12:00 PM
● Elizabeth Place

SEP 18
THU

Pumping 101 Classes

MATERNAL AND CHILD HEALTH
Pumping Class 101

● 4:00 PM
● Sunrise Center

SEP 25
THU

Strengthening Families
PARENTING CLASSES
7 WEEK SERIES

RECOVERY SERVICES
Parenting Classes

● 11:00 AM - 12:00 PM
● Elizabeth Place

SEP 25
THU

BECOME A SAFE SLEEP AMBASSADOR

MATERNAL AND CHILD HEALTH
Safe Sleep Ambassador Training - Virtual

● 1:00 PM - 3:00 PM
● Virtual

REGISTER HERE

SEP 29
MON

Monthly Fatherhood Club

MATERNAL AND CHILD HEALTH
Monthly Fatherhood Club

● 5:30 PM - 7:00 PM
● Goodwill Eastseals West Ca...

REGISTER HERE

September 2025 Media

Date	News Source	Topic
8/1/25	iHeart Media	Back to School Vaccinations
8/5/25	DDN	Overdose Awareness Day
8/6/25	ABC 22	Back to School Vaccinations
8/12/25	ABC 22	Overdose Awareness Day
8/12/25	WDTN	Overdose Awareness Day
8/12/25	Spectrum News	Overdose Awareness Day
8/12/25	WHIO	Overdose Awareness Day
8/22/25	ABC 22	Back to School Lunches



Submitted by:

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

