



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

PUBLIC HEALTH - DAYTON & MONTGOMERY COUNTY

Monthly Update

OCTOBER 2025

Healthy Families America Program



Public Health's [Healthy Families America \(HFA\)](#) is a free, voluntary home visiting program that supports pregnant women and new parents from pregnancy through their child's third birthday. The program helps families build strong relationships, promote healthy child development, and reduce the risk of abuse and neglect. HFA is designed to help families thrive during the critical early years of a child's life.

Key Features of HFA:

- **Home Visits:** Weekly, hour-long visits begin during pregnancy or within three months of birth and continue until the child turns three.
- **Long-Term Support:** Services typically last at least three years, with the visit frequency adjusted based on family needs.
- **Evidence-Based Approach:** Focuses on nurturing relationships, trauma-informed care, and child development.
- **Family Services:** Are tailored to each family's culture, strengths, and goals.
- **Comprehensive Support:** Includes parenting assistance, mental health, substance use, domestic violence, and more.
- **Community Connections:** Families are linked to local organizations and resources.

To be eligible, you must be a Montgomery County resident, and either pregnant or postpartum (up to three months after birth). Call **(937) 224-3696** for more information and to see if you qualify.



Johnné Jasper, Maternal & Child Health Navigation Supervisor (L) and Celena Colbert, Prenatal Outreach Supervisor (R)



A home visit with a new mom.

Maternal and Infant Vitality Initiative

The [Maternal and Infant Vitality Initiative](#) (MIVI) is a grant funded program by the Ohio Department of Children and Youth, that allows Public Health to develop strategies that will help decrease infant mortality, especially among African American/Black infants. This is done in two ways: Neighborhood Navigation and community coalition work.



- ✓ **Pregnant or Have a Baby Under the Age of 1?**
- ✓ **Live in Montgomery County?**
- ✓ **We Can Help with Resources!**

Our Neighborhood Navigators can provide you with resources that will assist you with baby supplies, prenatal care, home visiting services, and more.

To connect with a Public Health Neighborhood Navigator, **Scan the QR code** to complete a short contact form.

Or call us at (937) 496-7718.



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Public Health's Neighborhood Navigators help pregnant and postpartum people (with a baby under the age of 1) access resources such as baby supplies, utility assistance, prenatal care, home visiting services, housing, and many more. **To get connected to a Neighborhood Navigator, call (937) 496-7718.**

Why It Matters: In 2023, Black infants in Ohio were 2.4 times more likely to die than white infants. MIVI addresses these racial inequities in birth outcomes by using population data to target areas for outreach and services with the largest disparities. Through these efforts, MIVI is working to amplify the vision and voices of communities most impacted by disparities in birth outcomes and infant deaths.

October is Safe Sleep Month

During Safe Sleep Month, infant caregivers and healthcare professionals can encourage safe infant sleep and help raise awareness about ways to reduce the risk of SIDS.

Sudden Infant Death Syndrome (SIDS) is the term used to describe the sudden death of a baby younger than 1 year of age that doesn't have a known cause, even after a full investigation.

Babies placed to sleep on their stomachs or sides are at higher risk for SIDS. Research also shows that unsafe sleep areas, such as those that include non-fitted sheets, blankets, or stuffed toys, remain a leading cause of infant death.

In Ohio, approximately three babies die each week in unsafe sleep environments. These deaths are preventable by keeping in mind the ABCs of safe sleep: Babies are safest **Alone, on their Back, in an empty Crib.**

Always
Alone

On their
Back

In an empty
Crib

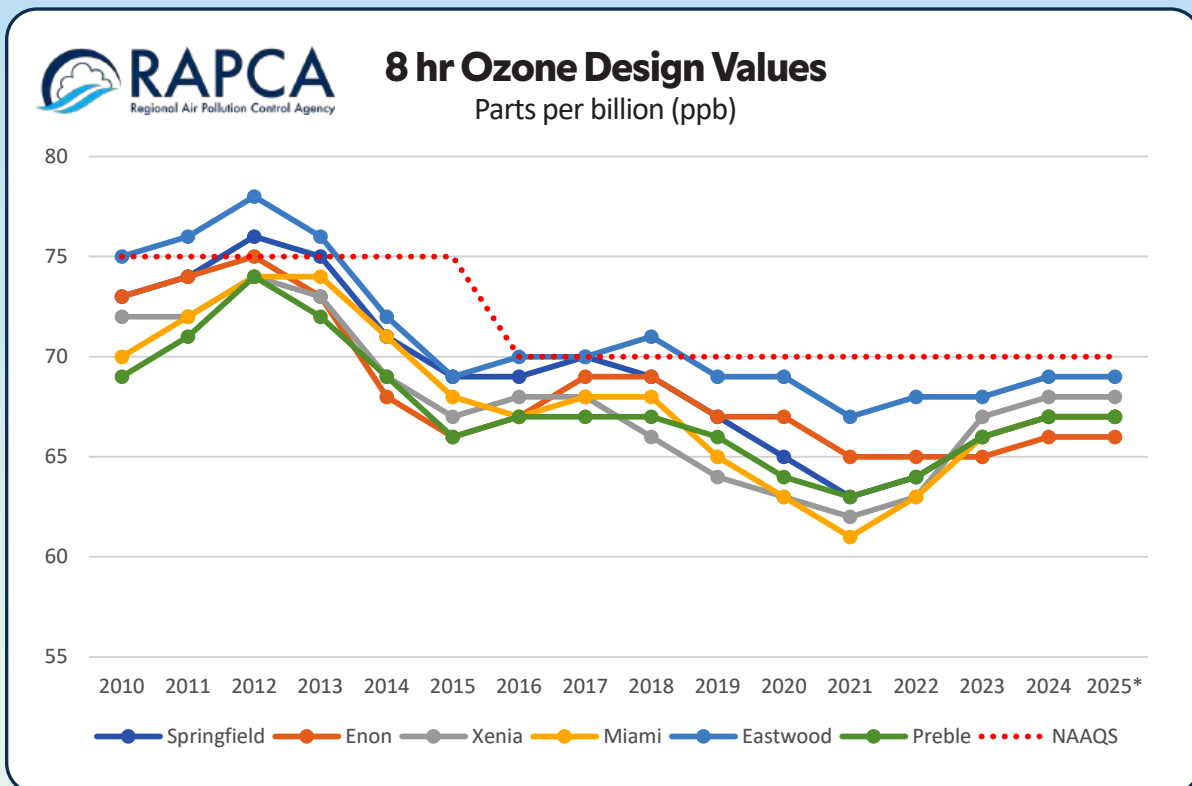
Public Health, in collaboration with Ohio Department of Health and Cribs for Kids is providing Infant Survival Kits to parents and caregivers in our community. The Infant Survival Kit includes a cribette, fitted sheet, sleep sack and educational safe sleep material.

[Learn more about Public Health's Cribs for Kids program.](#)



2025 Summer Ozone Update

Ground level ozone is a respiratory irritant that can cause aggravation of asthma and other lung conditions and cause coughing and wheezing for anyone. Ground level ozone is formed in the lower atmosphere when nitrogen oxides (NO_x) emissions and volatile organic compounds (VOCs) react in the presence of sunlight and warm temperatures. So, the weather plays an important part in ground level ozone formation and the region usually experiences higher ozone levels on hot, sunny, low humidity days when winds are light or calm. When conditions are favorable for high levels of ground-level ozone, [Public Health's Regional Air Pollution Control Agency \(RAPCA\)](#) will issue Air Quality Alerts (AQA) so people can change their daily activities to help reduce ground level ozone formation.



U. S. EPA requires Ground level ozone monitoring from March 1 through October 31 each year. RAPCA operates six ground level ozone monitors across Montgomery, Miami, Clark, Greene and Preble Counties. The National Ambient Air Quality Standard for ground level ozone is 70 parts per billion. Ozone levels have been on the decline over time, as shown in the graph above, due to NO_x and VOC emissions reductions from a variety of sources, including cleaner vehicles and power plants switching from coal to cleaner-burning natural gas. However, the region still experiences a few days with exceedances of the 70 parts per billion National Ambient Air Quality Standard each summer. So far for 2025 there have been two days (June 12 and September 18) when exceedances occurred.

Sign Up for Alerts

If you're interested in receiving daily updates or Air Quality Alerts, you can sign up for [U.S. EPA's EnviroFlash service](#) to receive email and/or text notifications.

Let's Get Vaccinated!



Get Your Flu Vaccine

Public Health reminds you that the best way to protect yourself and your loved ones against [influenza \(flu\)](#) is to get the flu vaccine every year.

Flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and sometimes the lungs. Flu viruses spread when people with flu cough, sneeze, or talk. Droplets can land in the mouths or noses of people who are close by. Less often, a person might get the flu by touching something (such as a doorknob or a faucet) with the flu virus on it and then touching their own mouth, nose, or eyes. Infection with the flu virus can cause mild to severe illness, and at times can lead to death.

What are some key reasons to get a flu vaccine?

- ▶ Every year, flu vaccination prevents medical visits, hospitalizations, and deaths.
- ▶ While some people who get vaccinated still get sick, flu vaccination has been shown in several studies to tame flu's more serious symptoms from being severe to being milder.
- ▶ Flu vaccination also is an important prevention tool for people with chronic health conditions. For example, flu vaccination has been associated with lower rates of some cardiac events among people with heart disease.
- ▶ A flu shot during pregnancy can protect the newborn baby for several months after birth, when they're too young to be vaccinated.
- ▶ Studies have shown that flu vaccine can be lifesaving in children and can decrease children's risk of severe life-threatening influenza by 75%.

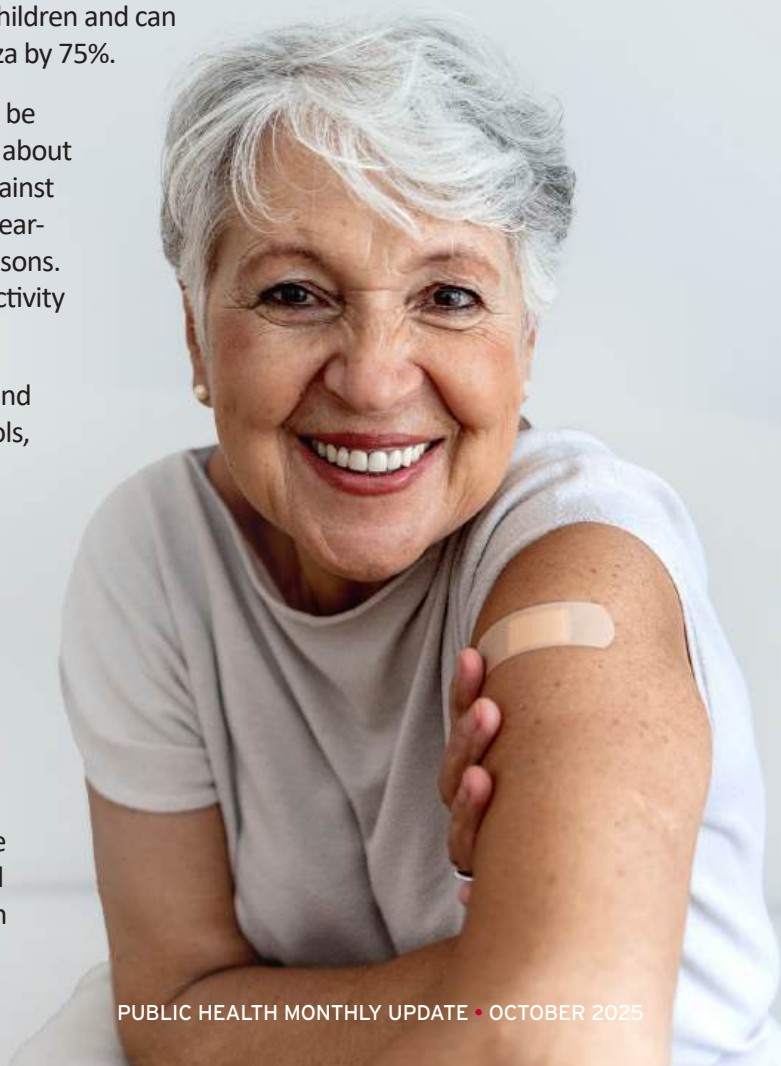
September and October are usually the best time of year to be vaccinated against the flu. Once you are vaccinated, it takes about two weeks for the vaccine to provide the best protection against the flu. While seasonal influenza (flu) viruses are detected year-round in the United States, fall and winter are typical flu seasons. The exact timing and duration of flu season varies, but flu activity often begins to increase in October.

Flu vaccines are widely available in doctors' offices, clinics, and pharmacies. Flu vaccines may also be offered at some schools, college health centers, and workplaces.

Updated COVID-19 Vaccine

Vaccination remains the best protection against [COVID-19](#) related hospitalization and death. Vaccination also reduces your chance of suffering the effects of long COVID, which can develop during or following acute infection and last for an extended duration.

Getting the updated COVID-19 vaccine is important because protection from COVID-19 vaccine decreases with time, and the updated COVID-19 vaccine gives you the best protection from the currently circulating strains.



Public Health Offers Food Safety for Managers Class

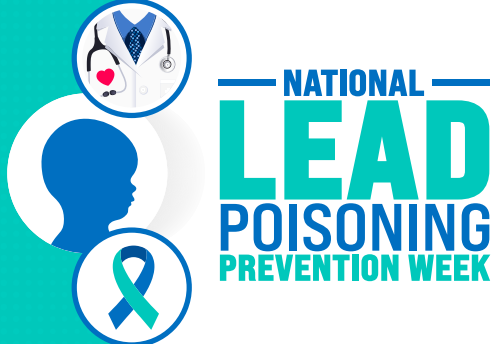


Ohio law requires every licensed restaurant and grocery store to have at least one person certified in [food protection](#). This certification is obtained by completing an approved food safety class and passing an exam.

Public Health staff became certified to teach this ***Food Safety for Managers*** class and, after becoming an approved provider, taught the first class in early 2024. The two-day course is offered four times a year and is led by a Registered Environmental Health Specialist (REHS). The REHS instructors are uniquely qualified, having taken and passed the course themselves, and are also certified by the testing agency to teach and proctor the exams.

As of September 2025, Public Health has hosted eight classes with 116 attendees and an impressive 82% pass rate.





National Lead Poisoning Prevention Week

[National Lead Poisoning Prevention Week \(NLPPW\)](#) is annually observed the last full week of October. This week highlights the many ways parents, caregivers, and communities can reduce children's exposure to lead and prevent its harmful health effects. October is also Children's Health Month, a time to raise awareness about the dangers and potential health impacts of environmental exposures.

- 1. Get the Facts:** Lead is still a problem in many communities. Learn about lead exposure, lead hazards, and how you can protect yourself and your family.
- 2. Get Your Child Tested:** A blood test is the best way to find out if your child has lead poisoning. Talk to your child's healthcare provider about getting a blood lead test if your child may have been exposed to lead.
- 3. Get Your Home Tested:** Minimize your risk of lead exposure by hiring a certified professional to test your home for lead if it was built before 1978.

[Watch this video to learn about lead exposure in your home.](#)

Empower Yourself: Recognizing Health Literacy Month

During the month of October, we recognize Health Literacy Month. Health literacy is your ability to find, understand, and use health information to make good decisions about your care. Health literacy includes learning the skills to understand a prescription label, follow your doctor's instructions, or choose the right health plan.

Poor health literacy is a major barrier to good health. When people don't fully understand health information, they are more likely to:

- **Mismanage Chronic Conditions:** Difficulty understanding medication or lifestyle changes can lead to complications with diseases like diabetes or high blood pressure.
- **Skip Crucial Care:** Confusion about necessary tests or preventative screenings can delay early detection of serious illnesses.
- **Incur Higher Costs:** Misunderstandings often result in unnecessary emergency room visits and hospital readmissions. Individuals who are empowered to understand their health are more likely to follow treatment plans, manage their own care effectively, and live longer, healthier lives.



Your Action Plan: What You Should Do

You are the most important member of your healthcare team! Here are simple steps you can take to become an empowered patient:

- 1. "Ask Me 3":** Before you leave any medical appointment, make sure you know the answers to these three questions:
 - ➔ What is my main problem?
 - ➔ What do I need to do?
 - ➔ Why is it important for me to do this?
- 2. Speak Up:** If you don't understand a word, a direction, or a form, tell your provider. It's okay to say, "Can you explain that in a different way?" or "Could you write those instructions down for me?"
- 3. Bring Support:** Take a trusted friend or family member to important appointments. They can help listen, take notes, and remember the instructions.
- 4. Prepare:** Before your visit, write down a list of your questions and all your current medications (including vitamins and supplements).

Learn more about [Health Literacy](#).

Support for Survivors of Suicide

Local Support

Those who have lost a loved one to suicide are themselves at a higher risk for suicide. “Postvention” is a form of suicide prevention that provides support following such a loss to mitigate the harmful effects of this experience.

In June 2023, Montgomery County’s Suicide Fatality Review identified a lack of local support for survivors of suicide loss. The Montgomery County Prevention Coalition has worked hard to fill that need. **Local Suicide Loss Support Groups** began meeting in January 2024, and the **Local Outreach to Suicide Survivors (L.O.S.S.) Team** launched in July 2025.

Local Outreach to Suicide Survivors (L.O.S.S.) Team

The [Montgomery County L.O.S.S. Team](#) provides immediate, compassionate support to individuals and families affected by suicide. Law enforcement officers can call the team following a suspected suicide. Team members then visit with the individual to provide support, share resources, and follow-up in the days and weeks after the death.

If the team is not called to the scene, a referral can be made later by emailing loss@mcadamhs.org.

Suicide Loss Support Groups

The [Montgomery County Prevention Coalition](#) also hosts in-person [Suicide Loss Support Groups](#). The ten-week group provides a safe and understanding space for individuals who have lost a loved one to suicide. Trained, compassionate facilitators offer support and guidance to heal, find hope, and navigate the challenges of grief together.

If you are in crisis or need immediate emotional support, [call, text or chat 988 24/7 to talk to a trained, local counselor](#).



HALLOWEEN Safety Tips

Follow these tips to celebrate Halloween safely this year!



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Costume Safety

1. Choose costumes that are light-colored and more visible to motorists.
2. Use reflective tape to decorate costumes and candy bags to increase visibility.
3. Use make-up rather than a mask.
4. Children should wear well-fitting, sturdy shoes.
5. Costumes should be short enough that a child will not trip and fall.
6. Choose costume accessories such as swords or knives that are made of soft and flexible material.
7. Use hypo-allergenic makeup.
8. Do not use novelty contacts such as "cat eyes" or "snake eyes."



Pedestrian Safety

1. Engage in Halloween activities during the daylight hours, if possible.
2. Do not enter homes or apartments without adult supervision.
3. Remind children to walk, not run, and to only cross streets at crosswalks.
4. Be sure your children are accompanied by a responsible adult who has a flashlight.



Home Safety

1. Remove obstacles from your lawn, porch, or steps.
2. Make sure your front porch is well-lit.
3. Avoid using candle-lit jack-o'-lanterns if possible. If you do use candles, don't place them near curtains, furnishings, or decorations. Move them off porches where children's costumes may ignite.
4. Keep your pets in another room when you are expecting trick-or-treaters.
5. Small children should not carve pumpkins.
6. Turn on an outside light if welcoming trick-or-treaters.



Treat Safety

1. Instruct children to wait until they are home to eat any candy.
2. Check candy and novelty toys for potential choking hazards.
3. Make sure packaging doesn't have any tears or tampering.
4. Throw away anything that looks suspicious.



Motorists

1. Slow down, especially in residential areas.
2. Use child safety seats or seat belts when driving children around, and
3. Watch for children darting out from parked cars. Have children get out of cars on the curb side, not facing traffic.

Public Health's Neighborhood Navigators Present:



**Dayton &
Montgomery
County**

Understanding and Building Credit

Learn the basics of
building and using credit.

**Thursday,
October 9, 2025
2:00 – 3:30 PM**



**Dayton Metro Library
Northwest Branch**
210 Philadelphia Dr.
Dayton, Ohio

**Join Us for a Free Educational Session
on How to Build Credit**

Refreshments provided and you may win a gift card!

In this interactive workshop, you'll learn the basics of credit, including what it is and why it matters, how to check your credit score and reports, how to get started building credit and how to protect your credit.



SCAN ME



Presented by:

CHASE 



EVENTS

October 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](#).

OCT 2
THU

Strengthening Families
PARENTING CLASSES
7 WEEK SERIES

RECOVERY SERVICES
Parenting Classes

🕒 11:00 AM - 12:00 PM
📍 Elizabeth Place

OCT 8
WED

Nourish Your Newborn Classes

MATERNAL AND CHILD HEALTH
Nourish Your Newborn Class

🕒 2:00 PM - 3:00 PM
📍 Sunrise Center

OCT 9
THU

Strengthening Families
PARENTING CLASSES
7 WEEK SERIES

RECOVERY SERVICES
Parenting Classes

🕒 11:00 AM - 12:00 PM
📍 Elizabeth Place

OCT 14
TUE

Nourish Your Newborn Classes

MATERNAL AND CHILD HEALTH
Nourish Your Newborn Class

🕒 2:00 PM
📍 Drew Health Center

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 Co...

REGISTER HERE

October 2025 Media

Date	News Source	Topic
9/8/25	ABC 22	Vaccinations
9/17/25	WHIO	Mosquitoes



Submitted by:

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

