



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

PUBLIC HEALTH - DAYTON & MONTGOMERY COUNTY

Monthly Update

MARCH 2026

2026 Ozone Season Begins



Ozone season officially begins March 1 and will run through October 31. Ozone is a respiratory irritant that can negatively affect people with respiratory issues. Ground-level ozone is formed in the atmosphere when nitrogen oxides emissions and volatile organic compounds react in the presence of sunlight and warm temperatures.

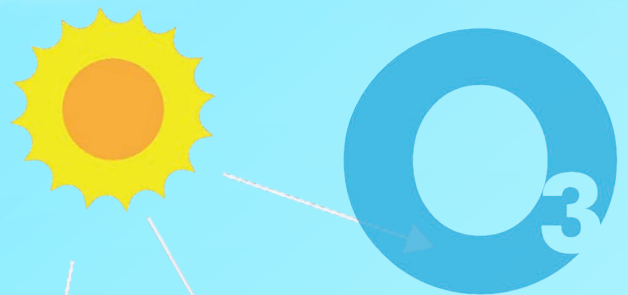
Meteorology plays an important part in ozone formation, and the region usually experiences higher ozone levels on hot sunny days when winds are calm or blowing lightly from a southerly direction. When conditions are favorable for high levels of ground-level ozone, [RAPCA](#) will issue Air Quality Alerts so people can change their activities to protect their health.

Ozone levels have been on the decline in recent years due to emissions reductions from a variety of sources, including cleaner vehicles and power plants switching from coal to cleaner-burning natural gas, but the region still experiences a few exceedances each summer. In more recent years, wildfire smoke in the atmosphere has contributed to elevated ozone concentrations.

RAPCA operates six ozone monitors in the Miami Valley region, and in 2025, RAPCA measured ozone exceedances over three separate days. In 2026, RAPCA is working with Ohio EPA to implement automation features at two sites, which will allow for more quality checks to be completed remotely.

RAPCA's goal is to implement these automation features throughout the entire ozone network over the next two years.

If you're interested in receiving daily updates or Air Quality Alerts, you can sign up for U.S. EPA's EnviroFlash service (<http://www.enviroflash.info/>) to receive email and/or text notifications. Check current air quality conditions at <https://www.airnow.gov>.



SOLAR RADIATION
OZONE LAYER
TROPOSPHERE

National Nutrition Month

Tips for Eating Better on a Budget

[National Nutrition Month®](#) is an annual campaign established in 1973 by the Academy of Nutrition and Dietetics. During the month of March, Public Health is highlighting the importance of making informed food choices and developing healthier eating and physical activity habits.

With the rising cost of groceries, getting the most nutrition for your food budget starts with a little extra planning before you shop. There are many ways to save money on the foods that you eat.

Here are some tips for getting more out of your food budget:



Cook at Home

Prepare meals from scratch instead of buying expensive takeout or pre-packaged foods. Save dining out for special occasions.



Focus on Low-Cost Staples

Maximize your budget with affordable, nutrient-dense foods like beans and lentils, potatoes, eggs, peanut butter, canned fish, and whole grains.



Plan Before Shopping

Create a meal plan and check your pantry before making a grocery list. Sticking to a list prevents impulsive, costly purchases.



Make Your Own Healthy Snacks

Save on "convenience costs" by making your own snacks. Buy large tubs of yogurt to portion out, mix your own trail mix, or choose budget-friendly options like air-popped popcorn and seasonal fruit.



Buy and Cook in Bulk

Purchase ingredients in larger quantities to lower unit costs. Double recipes to create "planned leftovers" for future meals.



Grow Your Own or Buy Local

Start a garden to grow affordable produce from seeds—a great activity for kids—or visit a farmers market for locally grown fruits and vegetables that often cost less than grocery store items.



Shop Smart

Compare brand unit prices and use coupons or weekly circulars to find the best deals on expensive items like meat and seafood.



Control Portions

Prevent waste and extra calories by using smaller plates and bowls. Filling half your plate with produce and the other half with lean proteins and grains—helps balance nutrition and cost.



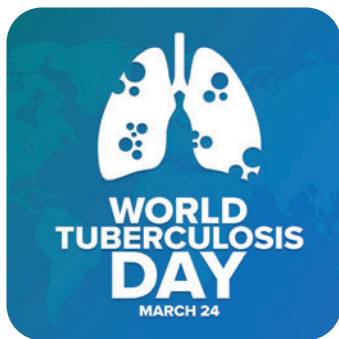
Quench Your Thirst with Water

Swap sugary, expensive beverages for plain tap water to save money and reduce extra calories.

Women, Infants, and Children (WIC)



Public Health's [Women, Infants, and Children \(WIC\) Program](#) provides healthy foods to pregnant, postpartum, and breastfeeding women, infants, and children up to age 5. WIC also encourages breastfeeding and provides breastfeeding support. If you qualify your benefits will be loaded to an EBT card. Once benefits are loaded you can use the card to purchase foods that same day, anywhere in Ohio! Call 937-225-4491 or visit [WIC](#) for more information and to see if you qualify.



World TB Day, falling on March 24th each year, is designed to build public awareness that tuberculosis (TB) today remains an epidemic in much of the world, causing the deaths of nearly one-and-a-half million people each year, mostly in developing countries. It commemorates the day in 1882 when Dr. Robert Koch astounded the scientific community by announcing that he had discovered the cause of tuberculosis, the TB bacillus. Koch's discovery opened the way towards diagnosing and curing TB.

[Public Health's TB Clinic](#) had 2,086 clinic visits in 2025, with 13 cases in Montgomery County. Public Health's TB program controls the spread of the disease by making sure that all persons with active TB are treated, as well as working with community partners to screen individuals who are at high risk.

Individuals considered at high-risk include contacts to active TB cases, those with substance use disorders, homeless persons, those who test positive for HIV, persons in correctional facilities, and individuals that come from countries with a high incidence of TB.

Call 937-225-4550 to schedule an appointment for a TB skin test. To schedule an appointment for an evaluation of a positive result, contact the TB Clinic nurse during normal business hours at 937-496-6657.

Providers who need to report an active case of TB can call the TB Outreach Nurse, at (937) 496-6584. For more information, contact the TB Clinic Nurse line at 937-496-6657.



Staying Up on Recalls Can Help Protect You from Harm



The good news is you don't have to hunt for recalls every day. Several federal agencies share safety alerts to help protect you and your family and keep you up-to-date about product recalls. Some of their websites let you sign up for free email or text alerts, so recalls come to you instead of the other way around.

[Foodsafety.gov](#) brings together recall information from both the U.S. Food and Drug Administration and the U.S. Department of Agriculture.

[CPSC.gov](#) provides the U.S. Consumer Product Safety Commission's list of recalls for everyday products like baby gear, appliances, furniture, and more.

[NHTSA.gov/recalls](#) shares the National Highway Traffic Safety Administration's most up-to-date information about recalls involving vehicles and auto equipment and more. And [Recalls.gov](#) provides a one-stop-shop for information across federal agencies.

For more recall information, visit [Recalls.gov](#) and [Foodsafety.gov](#)

Food Safety

News

[Elite Treats LLC Recalls Single Lot of Chicken Chips Due to Salmonella Contamination](#)

February 24, 2026-Elite Treats, LLC, of Boca Raton, FL, is recalling a single lot of "Elite Treats Chicken Chips for Dogs" 6-ounce bags because it may be contaminated with Salmonella. The product is packaged in a 6-ounce black and gold bag marked on the back side with lot number 24045 and an expiration date of 02/24/2026.

Published: 02/24/2026

[Rosina Food Products, Inc. Recalls Ready-To-Eat Frozen Meatball Products Due To Possible Foreign Matter Contamination](#)



Celebrate St. Patrick's Day Safely

Excessive use of alcohol is often associated with St. Patrick's Day celebrations. Public Health reminds you about the effects of [binge drinking](#) on your health and the dangers of drinking and driving.

Binge drinking is the most common and costly pattern of excessive alcohol use in the United States. Binge drinking is defined as consuming 5 or more drinks on an occasion for men or 4 or more drinks on an occasion for women.

Binge drinking is associated with many health problems, including:

- * Unintentional injuries such as motor vehicle crashes, falls, burns, and alcohol poisoning.
- * Violence including homicide, suicide, intimate partner violence, and sexual assault.
- * Sexually transmitted infections (STIs).
- * Unintended pregnancy and poor pregnancy outcomes, including miscarriage and stillbirth.
- * Fetal alcohol spectrum disorders.
- * Sudden infant death syndrome.
- * Chronic diseases such as high blood pressure, stroke, heart disease, and liver disease.
- * Cancer of the breast (among females), liver, colon, rectum, mouth, pharynx, larynx, and esophagus.
- * Memory and learning problems.

Driving requires focus, coordination, good judgment, and quick reactions to the environment. Any alcohol or other drug use impairs the ability to drive safely. Experts know a lot about alcohol's effects on driving, but more research is needed to fully understand the impact of drugs on driving skills. However, research has shown that both legal and illicit drugs impair the skills needed to drive safely. For example:

- * Some of the effects of being impaired by marijuana that can affect driving include slowed reaction time and decision-making, impaired coordination, and distorted perception.
- * Other drugs such as cocaine or illicit amphetamines can also impair skills like perception, memory, and attention, in both the short term and the long term.
- * Prescription and over-the-counter medications can cause many side effects that can impact driving, such as sleepiness, impaired vision, and impaired coordination.

Use of multiple substances such as marijuana and alcohol at the same time can increase impairment. If you would like to speak with someone about alcohol or drug misuse, contact [Recovery Services](#) at (937) 461-5223.

Alcohol Use and Chronic Health Conditions

Long-term alcohol use can lead to a wide array of chronic health conditions, impacting nearly every organ system in the body. While historically some low-level consumption was thought to be protective, modern research from the World Health Organization and the [National Institute on Alcohol Abuse and Alcoholism \(NIAAA\)](#) emphasizes that health risks, particularly for cancer, exist at any level of consumption.

Physical Health Effects

- **Liver Disease:** Chronic consumption is the leading cause of [Alcoholic Liver Disease \(ALD\)](#) which can eventually lead to cirrhosis, resulting in liver failure or cancer.
- **Cardiovascular Issues:** Increases risk of high blood pressure, stroke, and arrhythmias.
- **Cancer:** Linked to breast, liver, colon, and throat cancers.
- **Immunity & Bones:** Weakens the immune system and leads to osteoporosis.

Brain & Mental Health Effects

- **Cognitive Decline:** Prolonged heavy drinking can lead to brain shrinkage and damage to the hippocampus, resulting in permanent memory loss and [alcohol-related dementia](#).
- **Mental Health Disorders:** Alcohol is a depressant that alters brain chemistry. Long-term use is strongly linked to depression, anxiety, as well as an increased risk of suicide.
- **Alcohol Use Disorder (AUD):** A chronic relapsing brain disease characterized by an inability to stop or control alcohol use despite adverse social, occupational, or health consequences.

Lifestyle & Social Implications

- **Relationships and Family Strain:** Persistent misuse is a frequent factor in domestic conflict, child neglect, and divorce.
- **Economic and Professional Impact:** It often results in decreased productivity, frequent absences, and unemployment, leading to long-term financial instability.
- **Reproductive Health:** In men, it can cause erectile dysfunction and low sperm count. In women, it can lead to infertility, menstrual irregularities, and, if consumed during pregnancy, [Fetal Alcohol Spectrum Disorders](#).

For confidential help and treatment options, contact Public Health's [Recovery Services](#) at 937-461-5223.



Public Health partners with WSU for Strategic Planning Session



Public Health's Planning & Innovation team was pleased to help facilitate a planning discussion for the Wright State University (WSU) Health and Wellness Task Force. The session helped Wright State advance their work to support the health of students, faculty, and other constituents.

The session was a result of Public Health's Academic Health Department partnership with WSU and included leading the Task Force through a Strengths, Weaknesses, Opportunities, and Threats (SWOT) planning discussion.

Visit Public Health's website to learn more about the partnerships available through the [Academic Health Department initiative](#).



Spring Forward
Daylight saving time
Sunday, March 08, 2026

Daylight Saving Time in 2026 begins on Sunday, March 8, at 2:00 a.m. local time. Clocks "spring forward" one hour to 3:00 a.m., resulting in an hour less sleep but earlier sunrise and later sunset times. This change applies to most of the US, except for Arizona and Hawaii.

Key Details for 2026:

- ▶ Date: March 8, 2026
- ▶ Action: Move clocks forward 1 hour (e.g., 2 a.m. becomes 3 a.m.)
- ▶ Impact: Earlier sunrises and later sunsets

Remember to change the batteries in your smoke alarms and carbon monoxide detectors!



DON'T FORGET!



**We Are
Hiring**

JOIN OUR TEAM

PUBLIC HEALTH

Public Health
Dayton & Montgomery County Partnership

Health Clinic

RESTAURANT

Vaccine

Public Health
Preventable Disease Program
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

Accounting Services Supervisor
Disease Prevention Specialist
Substance Use Mental Health Counselor
Director Administration
Accounting Specialist
Director Health Services



- 

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!



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UPCOMING EVENTS

March 2026 Events

Public Health's 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](#).

MAR 2
MON



Tai Chi
for Arthritis

Tai Chi For Arthritis

- 10:00 AM - 11:00 AM
- NORTHWEST RECREATION CEN...

MAR 3
TUE



Tai Chi
for Arthritis

Tai Chi For Arthritis

- 3:00 PM - 4:00 PM
- YEARS AHEAD DAYTON

MAR 3
TUE



Tai Chi
for Arthritis

Tai Chi For Arthritis

- 6:00 PM - 7:00 PM
- LOHREY RECREATION CENTER

MAR 9
MON



Tai Chi
for Arthritis

Tai Chi For Arthritis

- 10:00 AM - 11:00 AM
- NORTHWEST RECREATION CEN...

MAR 10
TUE



Tai Chi
for Arthritis

Tai Chi For Arthritis

- 3:00 PM - 4:00 PM
- YEARS AHEAD DAYTON

MAR 10
TUE



Tai Chi
for Arthritis

Tai Chi For Arthritis

- 6:00 PM - 7:00 PM
- LOHREY RECREATION CENTER

MAR 11
WED



Nourish Your Newborn Classes

MATERNAL AND CHILD HEALTH
Nourish Your Newborn Class

- 2:00 PM - 3:00 PM
- Sunrise Center

MAR 12
THU



Improving Credit and Managing Debt

- 2:00 PM - 3:30 PM

[REGISTER HERE](#)

MAR 16
MON



Tai Chi
for Arthritis

Tai Chi For Arthritis

- 10:00 AM - 11:00 AM
- NORTHWEST RECREATION CEN...

MAR 17
TUE



Nourish Your Newborn Classes

MATERNAL AND CHILD HEALTH
Nourish Your Newborn Class

- 2:00 PM
- Drew Health Center

MAR 17
TUE



Tai Chi
for Arthritis

Tai Chi For Arthritis

- 3:00 PM - 4:00 PM
- YEARS AHEAD DAYTON

MAR 17
TUE



Tai Chi
for Arthritis

Tai Chi For Arthritis

- 6:00 PM - 7:00 PM
- LOHREY RECREATION CENTER

MAR 18
WED



Nourish Your Newborn Classes

MATERNAL AND CHILD HEALTH
Nourish Your Newborn Class

- 2:00 PM
- Sunrise Center

MAR 19
THU



BECOME A SAFE SLEEP AMBASSADOR

ABC's of Safe Sleep - Safe Sleep Ambassador Training

- 1:00 PM - 3:00 PM

MAR 19
THU



Pumping 101 Classes

MATERNAL AND CHILD HEALTH
Pumping Class 101

- 4:00 PM
- Sunrise Center

MAR 23
MON



Tai Chi
for Arthritis

Tai Chi For Arthritis

- 10:00 AM - 11:00 AM
- NORTHWEST RECREATION CEN...

UPCOMING EVENTS

March 2026 Events (Cont.)

Public Health's 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](#).



Tai Chi For Arthritis

- 3:00 PM - 4:00 PM
- YEARS AHEAD DAYTON



Tai Chi For Arthritis

- 6:00 PM - 7:00 PM
- LOHREY RECREATION CENTER



Storytelling & Personal Narrative

- 4:30 PM - 6:30 PM
- Dayton Metro Library - North

REGISTER HERE



Tai Chi For Arthritis

- 10:00 AM - 11:00 AM
- NORTHWEST RECREATION CEN...



Monthly Fatherhood Club

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

REGISTER HERE



Tai Chi For Arthritis

- 3:00 PM - 4:00 PM
- YEARS AHEAD DAYTON



Tai Chi For Arthritis

- 6:00 PM - 7:00 PM
- LOHREY RECREATION CENTER

Check Out
Our Events!



Media

Date	News Source	Topic
2/2/26	WDTN	Mumps
2/5/26	DDN	Problem Gambling
2/10/26	DDN	Vaccines
2/24/26	WDTN	Recovery Services Award
2/25/26	WHIO	Measles
2/26/26	WDTN	Measles

Submitted by:

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

