



Health Commissioner / Medical Director Report

Public Health - Dayton & Montgomery County

April 5, 2017

This report provides a monthly update for the Board of Health, staff and the community. Our key activities are listed for the seven pillars that support our vision for improving the health of our community.

- Prevent the spread of disease
 - Protect against health threats
 - Promote healthy behaviors
 - Reach out to vulnerable populations
 - Mobilize community action through partnerships
 - Prepare for and respond to public health emergencies
 - Serve as a public health information resource
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Special items

2017 Minority Health Month

April is Minority Health Month (MHM), a 30-day health and wellness campaign aimed at improving people's health. There are many residents in Montgomery County, but unfortunately, not all people's health is equal. Many African Americans, Asians, Latinos/Hispanics, Native Americans, immigrants, refugees, and people with socioeconomic challenges experience significantly higher rates of some chronic diseases and health-related conditions, and poorer quality of life. These differences represent a disparity. Public Health's goal is to promote better health and quality of life for all Montgomery County residents.

The 2017 MHM theme is "**Building Bridges to Good Health Across Communities.**" We are pleased to provide several events. The **2017 Minority Health Month Kickoff Celebration** will be held on Saturday, April 8, from 9 am - Noon, at Neon Movies. We will honor the 2017 Shero of Health and Community Action Leader Awardees, Gina McFarlane-El, (CEO, Five Rivers Health Centers), Richard Clay Dixon (Miami Valley Organizing Collaborative), and screen the award winning docudrama, "Unnatural Causes: Is Inequality Making Us Sick?" On Wednesday, April 12, an infant mortality forum titled, "***We Need the Village; Saving the Babies!***" will be held from 5:30 p.m. - 7:30 p.m. at Central State University – Dayton Campus. On Saturday, April 29, a workshop for community leaders and coalitions will be held from 10 a.m. - 2 p.m. at the Dakota Center, with a theme of "***Building Capacity to Address Issues.***"

All events are free and open to the public, and will include free cholesterol, Hepatitis C and confidential HIV testing, and blood pressure screenings. The Ohio Commission on Minority Health provides funding for MHM events. For more information, call (937) 225-5700.

2017 County Health Rankings

According to the *2017 County Health Rankings* from the Robert Wood Johnson Foundation, the health profile for many Montgomery County residents has improved slightly from last year, but the area continues to be plagued by a growing number of premature deaths caused mainly by accidental drug overdoses. The report ranks the *Overall Health Outcomes* and *Overall Health Factors* of counties in all 50 states by using a standard formula to measure how healthy people are and how long they live. The Rankings are based on a model of population health that emphasizes the many factors that, if improved, can help make communities healthier places to live, learn, work and play.

In Overall Health Outcomes, Montgomery County has moved up 3 spots from 80 in 2016 to 77 in 2017. This incline occurred despite a 4 spot decrease in Quality of Life (from a rank of 76 in 2016 to 80 in 2017). Quality of Life is based on the measures: poor or fair health, average poor physical and mental health days and low birth weight.

In Overall Health Factors, Montgomery County rose from 56 in 2016 to 52 in 2017. The county improved in the area of clinical care (1 spot; 17 to 16) and social and economic factors (6 spots; 73 to 67). The ranking in the area of Health Behaviors fell 2 spots (55 to 57). The biggest decline in rankings occurred in the physical environment measure (30 to 57).

Table 1 (shown below) tracks the Health Rankings for Montgomery County from 2010 - 2017. The complete 2017 Rankings are available online at www.countyhealthrankings.org

Table 1: Ohio County Health Rankings, Montgomery County, 2010-2017

Focus Areas	Rank*							
	2010	2011	2012	2013	2014	2015	2016	2017
Overall Health Outcomes Rank	68	68	70	74	72	70	80	77
Length of Life	67	68	71	75	75	74	75	75
Quality of Life	64	59	57	62	59	59	76	80
Overall Health Factors Rank	65	45	46	50	50	51	56	52
Health Behaviors	74	54	33	33	45	45	55	57
Clinical Care	6	5	12	15	19	27	17	16
Social and Economic Factors	78	68	65	66	66	73	73	67
Physical Environment	74	9	29	52	35	33	30	57

*The State of Ohio has 88 counties. A lower number indicates a more favorable county ranking.

District Advisory Council Annual Meeting

The District Advisory Council (DAC) annual meeting was held on March 22. The DAC meets annually in March for the purposes of electing its officers, appointing Board of Health members, and receiving updates and special reports from the Board of Health. The DAC consists of a representative from each jurisdiction (city and township) in Montgomery County.

John Applegate (Union) and Jesse Lightle (Washington Township) were elected to serve as officers of the DAC for the 2017 – 2018 term and John Rhodes, DDS was reappointed as a Board of Health

member. Public Health updates included a financial update and the progress of the Community Overdose Action Team.

Facilities Update

Reibold 3rd Floor Clinic: The major demolition work has been completed. The new windows are being installed and glazed, and framing for the interior rooms has begun. Rough-in work on electrical, fire system, low voltage, and plumbing (including 2nd floor work) continues. Furniture, wall and floor finishes, and clinic equipment selection is being finalized and ordered.

Elizabeth Place Addiction Services: All major work on the new Medication Assisted Treatment (MAT) center has been finished and final inspections are taking place. Painting, flooring, and plumbing fixture installations are being completed. The phone, security systems, data cabling and IT hardware have been installed and tested. Office furniture delivery is scheduled, and the punch list items are being completed. This new MAT facility should be operational in mid-April.

Public Health Accreditation Milestone Achieved

On April 3, Public Health successfully submitted documentation to the Public Health Accreditation Board (PHAB). This completes the third of the five phases of the accreditation process:

1. Preparation
2. Application
3. Document Submission
4. Site Visit
5. Accreditation Decision

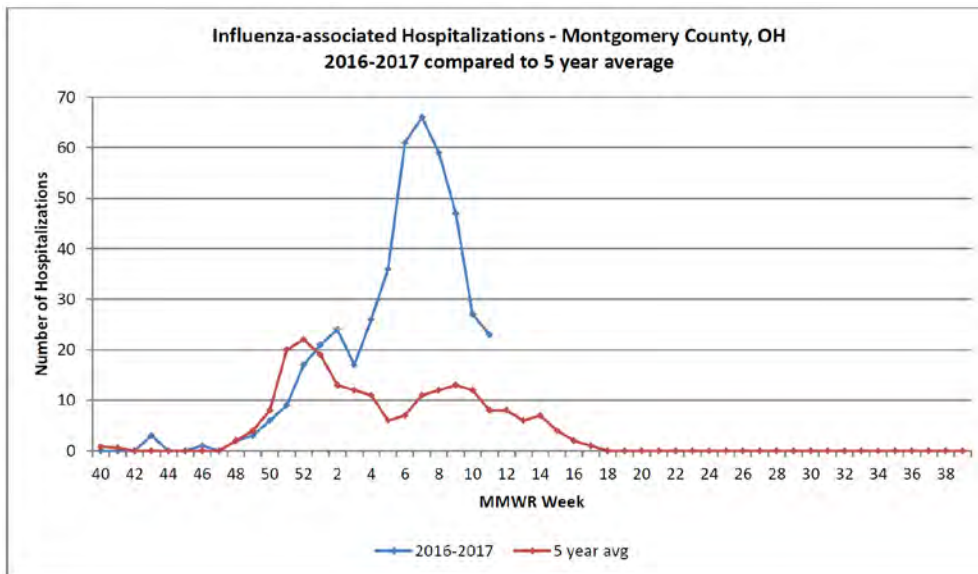
We are now preparing for phase 4, the two day visit from a PHAB 3-person site review team. This visit typically happens several months after document submission. The visit is intended to verify the accuracy of our documentation, seek answers to questions regarding conformity with the standards and measures, and provide opportunity for discussion and further explanation. Following the visit, the site review team will develop a site visit report to describe:

- how conformity with each measure was demonstrated, or detail what was missing
- area of excellence or unique promising practices
- opportunities for improvement

Prevent the spread of diseases

Communicable Disease

Influenza: Influenza activity has been dropping in the region over the past 4 weeks with sharply fewer hospitalizations in Montgomery County related to influenza (see illustration).



Mumps Outbreak: During the past month, there have been four confirmed cases of mumps among University of Dayton students. All students were appropriately isolated while infectious to others, and all had received the mumps vaccine previously. The most recent case came to attention in early March and there have been no additional cases reported to this point (24 March).

Communicable Disease Annual Report: A copy of the 2016 Communicable Disease Annual Report is in your packet of materials. We will be presenting several items of interest from the report to the Board of Health during today’s meeting.

World TB Day - March 24th

Occurring annually on March 24th, World TB Day serves to raise global awareness that tuberculosis (TB) remains one of the leading infectious diseases to cause death worldwide, killing over 4,000 people per day. The date commemorates the day in 1882, when Dr. Robert Koch announced he had discovered *Mycobacterium tuberculosis*—the bacteria that causes TB. Health departments around the country and the world plan activities to raise awareness about TB. In Public Health’s clinic, the TB Program made efforts to raise awareness by displaying a bulletin board with information on TB, as well as unique facts and word searches for children.

In addition to raising awareness, World TB Day aims to highlight efforts made to prevent and treat TB. In 2016, our TB Clinic evaluated 2,231 Montgomery County residents for TB. The TB Outreach staff provided services for 10 Montgomery County residents with active TB disease. At a minimal cost, people can be tested and treated for TB; however, the global fight is severely underfunded. A united effort continues to be needed to reach those at highest risk for TB, as well as identify and implement innovative strategies to improve testing and treatment among high-risk populations.

Protect against health threats

Certification in Food Safety

The Ohio Uniform Food Safety Code, the code used to inspect restaurants and grocery stores, was updated in 2016. While there has been a requirement for all restaurants and grocery stores to have at

least one person in charge that is knowledgeable in food safety and new operators to have a Level 1 food safety certificate, the rules changed to include requirements for Level 2 certification. There is now a requirement that at least one person in a manager or supervisory role in all restaurants and grocery stores that handle, cook or prepare foods to be Certified in Food Protection through the State of Ohio by March 1, 2017. Operators were given this information by an insert in our 2016 license application mailing which referred them to the posting on our website and from inspectors during inspections throughout the 2016 license year.

This Level 2 food safety course is different from the Level 1 food safety course in that it is a more comprehensive course requiring 15 contact hours of instruction and taking and passing the proctored exam. The reason this was added to the code was that “studies suggest that the presence of a certified manager has a positive correlation with the more effective control of certain risk factors, such as poor personal hygiene, in different facility types. The increasing complexity of the food industry, the improved ability to identify/trace foodborne outbreaks and other economic, staffing, cultural and behavioral challenges make it imperative that food protection managers know and control the risk factors that impact the safety of the food they sell or serve” (FDA Model Food Code Annex 3, 2015).

The biggest challenge for our inspectors is making sure that the operator has the proper certificate. The confusion is from those that have taken the ServSafe course and have a ServSafe certificate. While this certificate may be from an approved course provider, our inspectors are looking for the certificate that is issued from the Ohio Department of Health.

Technology Updates in Sewage Treatment Program

There have been two concurrent record management improvements in process for over a year for the Household Sewage Treatment Program. Both improvements have recently come to fruition.

A new database to manage all aspects of program activities went live on February 21. The system was designed by Public Health IT staff in collaboration with EH Program staff and was in development and testing for 13 months. The system records fee payment, contractor registration, permit documents and inspection notes. It also generates enforcement letters, required ODH reports, and prompts staff for timely follow-up.

The second project has involved digitizing permit records. The program retains paper files with permit history and construction details of buried facilities dating back to 1942. The files are maintained for future retrieval and use by homeowners, contractors and program staff. Converting to digital format provides off-site back-up for the files, plus quicker access and sharing with stakeholders. Since November 2015, files have been delivered to Montgomery County Records and Archives for digital imaging. These images were then uploaded to Public Health’s OnBase access system. The last box of program archives was delivered in March and digital retrieval of all processed files is now fully available.

Both of these projects are in support of the enhanced Operation and Maintenance (O&M) oversight required in the revised state rules effective January 2015. Local health districts are required to develop a plan to track O&M of household sewage treatment systems by owners. The plan must eventually include all systems in the jurisdiction. Public Health has provided some operation oversight for new systems starting in 1983, but less than 20% of all systems are currently included. To expand those numbers and intensify the oversight will require improved tools for managing information. These improvements are providing some of those needed tools.

Ozone Season Begins in the Miami Valley

March 1 signaled the first day of the 2017 ozone pollution season. Ozone is formed when pollution from cars, trucks, and factories mix in the sky on warm sunny days. The Regional Air Pollution Control Agency (RAPCA) measures ozone in Clark, Greene, Miami, Montgomery and Preble County. RAPCA also provides daily ozone forecasts and issues Air Pollution Advisories (APA) when ozone is expected to reach unhealthy levels. RAPCA anticipates calling more APA's in 2017 due to U.S. EPA strengthening the ozone air quality standard in 2015, which changed the level at which advisories will be called. Prior to the U.S. EPA's rule revision, RAPCA called APA's when ozone levels were expected to be above 75 parts per billion (ppb), and now they will be called when ozone levels are expected to be above 70 ppb.

People affected can include children, elderly, and people with asthma or lung disease. Ozone pollution can worsen the effects of asthma and lung disease, causing more medicine to be used and more emergency room visits, and it can lead to respiratory infections. Anyone who is outside should limit outdoor activities when ozone pollution is expected to be high.

There are actions people can take to reduce ozone. These include waiting until after 6 p.m. to refuel vehicles and mow lawns, using electric lawn equipment, carpooling, using public transportation, combining errands to avoid extra driving, and keeping vehicles tuned up.

There are several ways to get up-to-date air quality conditions and air quality forecasts: visit the RAPCA website at www.rapca.org, sign up for daily forecasts via email or text messaging at www.enviroflash.info, or download the U.S. EPA AirNow app in the Apple App Store or Google Play store.

Spring Allergies

The spring allergy season began a month early this year due to unseasonably warm weather in late February and early March. The allergy season usually starts in mid-to-late March, but the Regional Air Pollution Control Agency (RAPCA) began measuring high levels of tree pollen with the onset of the warm weather. These high levels can trigger allergies in many people, and if not properly treated, can lead to other chronic conditions such as asthma. RAPCA recommends working with a doctor who can conduct tests to determine exactly what is triggering your symptoms. The doctor will then develop a management plan, which may include medication and certain environmental controls, such as avoiding the pollen that makes you sneeze and wheeze.

Daily pollen and mold readings are available on the RAPCA's website at www.rapca.org or by calling the AirLine at (937) 223-3222. If you have any questions about pollen and mold, please contact RAPCA at (937) 225-4435.

Promote healthy behaviors

GetUp Announces 2017 - 2018 Healthy Child Care Award Winners

This is the fourth year GetUp Montgomery County has offered the Healthy Child Care Award (HCCA) in partnership with Learn To Earn Dayton, 4C for Children, and Dayton Children's Hospital. The assessment is done by preschools and child care centers to evaluate their work using

best practice recommendations in the areas of healthy eating, physical activity, screen time, and policies. The Healthy Child Care Award aligns with the GetUp 5-2-1-0 daily lifestyle message:

- 5 or more fruits and vegetables
- 2 hours or less of screen time
- 1 hour or more of physical activity
- 0 sugary beverages

This year, a total of 42 preschools or child care centers applied and 14 were selected that met or exceeded the best practice recommendations. All participants, regardless of their outcome, will receive technical assistance, which includes a site visit, goal setting, and resources to be used within their center.

2017 - 2018 HCCA Recipients

- Bombeck Family Learning Center
- Busy Bees Family Child Care
- Creative World of Learning - Huber Heights
- Creative World of Montessori - Wilmington Pike
- Dayton Children's Hospital Child Care Center
- Dixie Preschool
- KinderCare Learning Center - Brandt Pike
- KinderCare Learning Center - Governour's Square
- KinderCare Learning Center of Beavercreek
- KinderCare Learning Center of Xenia
- Sinclair Early Childhood Education Center
- The Goddard School - Centerville
- The Learning Tree Children's Enrichment Center
- United Rehabilitation Services Early Childhood Education

Public Health congratulates all of the winners and thanks all 42 preschools and child care centers that applied for the GetUp Healthy Child Care Award of Excellence.

WIC Program Has Another Successful Biennial Audit

The WIC program participates in a full program Management Evaluation every two years by the State WIC office at the Ohio Department of Health. The consultant reviews 35 standards and 140 indicators in administrative and fiscal operations, clinic procedures, participant charts and implementation of best practices. To quote the final report directly: "This project has demonstrated stellar performance on the past three on-site reviews. All staff are commended on this accomplishment since there have been significant staff turnover in all areas, including the management team. This project has also implemented the WIC Nutrition Card (WNC), noninvasive hemoglobin testing, provision of the *Information Sharing in the WIC Program* brochure, assignment of four digit risk codes, a change in the standard formulary, and new transfer policies. In addition, the project implemented walk-in appointments at all three clinics which required staff changes in responsibilities and training. State staff noted a positive change in clinic flow and time spent in the clinic. Nonetheless, staff continues to provide exceptional participant-friendly and effective service. The low number of corrective actions, with all of the above changes, speaks volumes of the staff and management team." The WIC team is commended for continuing a job well done!

The WIC Program Celebrates National Nutrition Month® 2017!

National Nutrition Month® is a nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits. The theme for 2017 is "Put Your Best Fork Forward," which acts as a reminder that each bite counts.



Making just small shifts in our food choices can add up over time. The *2015-2020 Dietary Guidelines for Americans* suggest starting with small changes in order to make healthier lasting changes you can enjoy. This year's theme for National Nutrition Month® inspires us to start with small changes in our eating habits – one forkful at a time. So whether you are planning meals to prepare at home or making selections when eating out, *Put Your Best Fork Forward* to help find your healthy eating style.

Key Messages:

1. Create an eating style that includes a variety of your favorite healthy foods.
2. Practice cooking more at home and experiment with healthier ingredients.
3. How much we eat is as important as what we eat. Eat and drink the right amount for you, as MyPlate encourages us to do.
4. Find activities that you enjoy and be physically active most days of the week.
5. Manage your weight or lower your health risks by consulting a registered dietitian nutritionist. RDNs can provide sound, easy-to-follow personalized nutrition advice to meet your lifestyle, preferences and health-related needs.

In addition to providing education to WIC participants and updating clinic bulletin boards to reflect this theme, Jessie Carder RD, LD and Alaina Bowling RD, LD, spent a morning at a local grocery store providing information on healthy shopping and eating.

The WIC nutrition team held two team building activities with staff this month to celebrate.

- Melissa Stricklin and Katie Weneck asked all WIC staff to come up with a goal of what they plan to work on to improve their health using the key messages from this year's NNM theme. Each staff's response was written on a paper fork and plate and posted outside their work station so participants could see WIC staff also makes nutrition and activity goals.

During the all staff meeting, Jessie Carder, Alaina Bowling and Ani Manukian gave a presentation on Mindful Eating. Their talk included information on the health benefits of mindful eating, tips to acquire the skill and a simple eating meditation activity. Staff also enjoyed light snacks and refreshments provided by the nutrition staff in celebration of NNM.

Serve as a public health information resource

During the past few weeks, we have had numerous contacts with TV, radio, and print.

Media Opportunities:

Interview with WROU Radio and Hot 102.9 about **Minority Health Month** (3/2/17)

Interview with Columbus Dispatch about **ACA Changes** (3/7/17)

Channel 7 / WHIO on **“Rockin our Red Pumps” event** (3/10/17)

Interview with WROU Radio and Hot 102.9 about **Infant Mortality** (3/16/17)

Interview with DDN about **Robert Wood Johnson - County Health Rankings** (3/28/17)

News Release about **Minority Health Month** (3/28/17)

Interview with WYSO about **Robert Wood Johnson - County Health Rankings** (3/29/17)

Outreach Events:

International Women’s Day Health Fair (3/4/17)

Grace United Methodist Church, 1001 Harvard Blvd. Dayton, OH

South Community Health Fair (3/9/17)

South Community Behavioral Health, 3095 Kettering Blvd. Moraine, OH

Miami Valley Leave No Child Inside Summit (3/11/17)

Wegerzyn Gardens, 1301 E. Siebenthaler Ave. Dayton, OH

Miami Valley CDC Family Engagement Night (3/23/17)

Miami Valley CDC, 5421 N. Dixie Dr. Dayton, OH

Springboro High School Health & Safety Fair

Springboro HS, 1675 S. Main St. Springboro, OH (3/24/17)

Community Baby Shower

Dakota Center, 33 Barnett St. Dayton, OH (3/29/17)

Jeff Cooper and Michael Dohn, M.D.