

For the Health of It

Clark County Health Department

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VOLUME 2
ISSUE 1

NOTABLE NEWS

PULSE POINT

The day has come. Pulse Point has gone live! See the information written by Dr. Eric Yazel in the Health Officer's Perspective column below. Remember-we have a contest to win an AED!

CARDIAC SCIENCE POWERHEART G3 PLUS CONTEST GIVEAWAY

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1. Individuals or groups submit a 45-60 second amateur video which should include the following information.

- Organization name | Organization Contact Information
- Statement of need for AED in your specific area of Clark County, IN
- Creativity encouraged | Family friendly content
- All persons in video agree that the video will be shown in a public manner and permitted for use with PulsePoint Respond and PulsePoint AED social media promotions going forward.

2. Videos should be submitted on the PulsePoint Clark IN Facebook Page.

- Actual website address for submissions: m.me/PulsePointClarkIN

3. Submissions will be judged by:

- Marianna Perry of AEDs & Safety Services (provider of AED Donation)
- A vote of the members of the Clark County Fire Chief's Association
- Dr. Eric Yazel, M.D. | Clark County Health Officer

4. Contest will run December 5th, 2018 through January 30th, 2019.

5. Winner will be announced on Wednesday, February 6th, 2019 as part of Heart Health Awareness Month.

- Winner agrees to register AED with PulsePoint AED at www.clarkhealth.net
- AED must be located in Clark County, Indiana & be generally accessible to the public

PulsePoint

HORSESHOE GRANT

The Hoosier Hills AIDS Coalition/Clark County Health Department has been awarded \$5,000 from Horseshoe Foundation of Floyd County. The Clark County Health Department administers the Southeast Indiana HIV/STD program which includes Floyd, Clark, Harrison, Scott and 10 of the surrounding counties.

This funding will be used to provide basic needs for HIV positive individuals living in Floyd County. Some of the assistance provided to our clients include; housing, food, medication, utilities, and transportation.

Horseshoe Foundation of Floyd County has been generously providing these funds to the Hoosier Hills AIDS Coalition/Clark County Health Department for over a decade. If you have clients in need of assistance, please have them contact a case manager at 812-288-2706.



HELPING HANDOUT



The Health Department Clinic sees a variety of people throughout the day. With winter here, we know that some people are just getting by. So those coming in for services in need, are being offered a little something to help out. Remember, "No one is useless in this world who lightens the burdens of another"-Charles Dickens



PANEL PRESENTATION

Amelia Johns, LPN was asked to serve on a panel at the Indiana State Department of Health District 9 Healthcare Coalition Conference back in November. Her experience and efforts in the Hepatitis A outbreak was instrumental in responding to and in mitigating the epidemic.

SYRINGE SERVICES PROGRAM

Our Syringe Services Program Continues to grow! In 2018, from January through November, we have seen 951 visits, including 235 new clients. We also are currently seeing a 70.7% syringe return rate. There have been 369 referrals for substance abuse treatment, 265 immunizations provided, and numerous other services and referrals including disease testing, medical care, food and housing assistance, mental health and educational resources provided among many other opportunities. Thank you for your continued support in this beneficial and life-changing program.

EMPLOYEES RECOGNIZED FOR EFFORTS AND SCIENTIFIC PUBLICATION

Our very own Dorothy Waterhouse and Jessica Shields received the Charles C Shephard Science Award in Prevention and Control for their role in investigation of an HIV outbreak in 2015. The award from the CDC is presented for the best manuscript on original research. The publication can be found at the link below:¹

<https://www.nejm.org/doi/full/10.1056/NEJMoa1515195>

Their contribution to the discovery of injection drug use and its link to rapid HIV transmission has helped southern Indiana to be able to offer much needed Syringe Services, including within Clark County.

RADON TESTING

January marks National Radon Month. Radon is an odorless and colorless gas that causes about 21,000 lung cancer deaths per year.²

Radon is a naturally present gas that comes from within the earth. It can rise up and penetrate into a home causing elevated levels around you. Clark County resides in EPA Zone 1, which is the highest potential for indoor radon.³

What can you do? Have your home tested with a radon test kit. They can be purchased at your local hardware and household stores.

The American Lung Association has graciously provided local health departments with a limited supply of test kits. Call Alyssa at 330-774-8854 to reserve and pick up yours today! **While supplies last** Stay tuned to our Facebook page for Radon information throughout January.



1. Peters, Philip J., et al. "HIV infection linked to injection use of oxycodone in Indiana, 2014–2015." *New England Journal of Medicine* 375.3 (2016): 229-239.

2. <https://www.epa.gov/radon/national-radon-action-month-information>

3. <https://www.epa.gov/sites/production/files/2014-08/documents/indiana.pdf>

WINTER CARE

Brrrr! In addition to being just too darn cold, many new dangers can occur during the winter that you may not normally think about. Check out the following tips to stay warm and safe this winter:

▶ Prepare for the elements



▶ Prepare your vehicle

Keep gas tank full to avoid ice in the tank and avoid the possibility of being stranded

Use a wintertime formula in your windshield washer reservoir

Make an emergency kit to keep in your car:

Blankets, food and water, jumper cables, flares, tire pump, a bag of sand or cat litter (for traction), flashlight, battery-powered radio, extra batteries, first aid kit

▶ Prepare your home

Install weather stripping and insulation

Insulate water lines along exterior walls

Protect faucets and pipes (indoors and outdoors)

Clean gutters and repair roof leaks

Inspect and clean fireplaces and chimneys

Test your smoke detector

Drain water sprinkler supply lines

CARBON MONOXIDE HAZARD

Fumes and gases that you CANNOT see or smell can be harmful or fatal.



DO NOT operate generators indoors



DO NOT operate generators in garage or carport



DO NOT operate generators near open doors or windows

1. www.cdc.org



The CDC says that 1 in every 33 babies is born with a birth defect, some of which can be prevented.

This month, help spread awareness about birth defects, their causes and impacts, and ways we can

decrease them. The CDC gives the following tips to prevent birth defects:

- ▶ Be sure to take 400 micrograms of folic acid every day if you are pregnant or plan to become pregnant.
- ▶ Book a visit with your healthcare provider before stopping or starting any medicine.
- ▶ Become up-to-date with all vaccines, including the flu shot.
- ▶ Before you get pregnant, try to reach a healthy weight.
- ▶ Boost your health by avoiding harmful substances during pregnancy, such as alcohol, tobacco, and other drugs.



See our article below about the Baby & Me Tobacco Free program available through the Health Department.

Talk to your doctor about more ways to reduce your risks.

<https://www.cdc.gov/ncbddd/birthdefects/prevention-month.html>

More Information:



Colorectal cancer is the second leading cause of cancer deaths in the United States.¹ When discovered early, it is highly treatable. Stay educated and read the following tips!

- ▶ Be physically active
- ▶ Keep a healthy weight
- ▶ Reduce alcohol and tobacco consumption
- ▶ Most importantly- get screened!! Ask your doctor about a colonoscopy today.

More information:

<https://coloncancerpreventionproject.org/>



ENVIRONMENTAL SUSTAINABILITY- HOUSEHOLD HAZARDOUS WASTE AND RECYCLING



Household hazardous wastes (HHW) are wastes that are considered dangerous to public and environmental health if improperly disposed of. Leftover household items that have the properties of ignitability, corrosivity, reactivity or toxicity are considered HHW. Some examples of HHW include antifreeze, batteries, drain cleaners, pesticides, lighter fluid, moth balls, paints, prescription drugs, etc. Special consideration should be taken when disposing of these items.

Improper disposal of HHW could include any combination of pouring them on the ground, in a storm drain, in the sewer system, or placing them in the trash among other methods. Certain types of HHW could be harmful to sanitation workers as they collect garbage. HHW could also contaminate septic tanks by killing beneficial bacteria or by breaking down the materials they are constructed of. It may not be obvious to some, but improperly disposing of HHW may cause damage to the environment, wildlife, and people. And, if HHW was improperly disposed of by the masses it could have devastating affects to our natural resources and people in our community. You should always follow label directions when using, storing, and disposing of these items.

HHW should never be placed in food containers for use, storage, or disposal. Unused HHW should never be mixed or stored in the same container which may cause undesirable reactions such as fire, explosion, or toxic vapors and gases.

From the Clark County Solid Waste Management District's (CCSWMD) web site: Clark County residents have a safe, secure, and easy way to dispose of HHW at the CCSWMD facility located at 112 Industrial Way in Charlestown, Indiana. To ensure that proper staffing is available when you arrive, please call (812) 256-7942 for an appointment. Office hours are 7:00 a.m. - 3:30 p.m. Monday - Friday. The office is open on Wednesdays 7 a.m.-7 p.m. There may be a cost for HHW disposal depending on the item. Cash or check is accepted. A price list for items accepted can be found at:

<https://www.recycleclarkcounty.org/hazardous>.



In 2015, the United States produced approximately 263 million tons of municipal solid waste. Recycled solid waste was only 68 million tons.¹ Recycling can save trees, create jobs, reduce our reliance on foreign resources, and decrease greenhouse emissions.

According to recycling-revolution.com, the energy we save from recycling one glass bottle is enough to light a bulb for four hours. They also state that every ton of office paper recycled is the equivalent of 24 trees and U.S. recycled paper supplies more than 37% of raw materials used to make new paper products!

Learn how you can recycle in your community:

<https://www.recycleclarkcounty.org/recycling>



SEVEN QUESTIONS

WE NEED TO ASK OURSELVES TO ENSURE WE CREATE HOUSEHOLDS AND COMMUNITIES WHICH RECYCLE AS RESPONSIBLY AS POSSIBLE



To learn more about our role in supporting a thriving recycling industry log on to www.globalrecyclingday.com
To join voices across the world to have Global Recycling Day recognised by the UN please sign our petition by clicking [here](#).

1. <https://www.epa.gov/facts-and-figures-about-materials-waste-and-recycling>

HEALTH OFFICER'S PERSPECTIVE

Hopefully by now you have seen some of the Health Department's media campaign to introduce Pulse Point to Clark County. We are really excited about this and feel that it has a chance to make a huge impact in our county.

I wanted to take a moment and answer some quick questions that have come up during the launch process. First, you are covered by Good Samaritan Laws when you respond with CPR or using an AED on a citizen in need. This application allows for voluntary response, not any sort of formal dispatch. The only information we get is how many people were notified, which helps us target areas of the county which may need additional CPR training. So, if you are in a situation where you are unable or uncomfortable responding, no one will know what your decision was. Finally, you do not have to have active CPR certification to sign up. You simply should have enough training to be comfortable that you are able to correctly perform CPR in an acute situation. Also, even if you are not trained, you may sign up and simply function as an extra set of hands on the scene, such as retrieving the AED, directing EMS, etc. As in any emergent situation, those responding should defer to the highest trained provider on the scene.

The Pulse Point application has a great deal of potential. The key is you, the citizens of Clark County. We need people from all over the county signing up. We will be holding CPR trainings periodically in different locations. Look around your workplaces, gyms, churches, etc. and make sure your AED's are registered. Please help us make this program a huge success. Make sure to check out our billboard on I65 as you reach the bridge to see how our number of responders is growing. If you have any questions, technical concerns, or ideas, please visit our PulsePoint Clark IN Facebook page. And don't forget our contest, any community not covered by an AED can submit a 1 minute video about their need and the winner receive a free AED!



BY DR. ERIC
YAZEL,
CLARK COUNTY
HEALTH OFFICER



TWO LEGS OR FOUR, BOTH WE ADORE!

ANIMAL HEALTH

Throughout history, people have realized that animal health is interconnected with public health.

Ancient Greeks acknowledged that human illness stemmed from an imbalance between man and the environment, which included animals. Egyptian healers utilized a "one medicine" approach, where human and animal care was equal and drove understanding of one another. Medical practitioners in India are influenced by the idea of reincarnation between animals and humans.

Whether it is due to our beliefs, use and consumption of animals, our personal interactions with them, or effects they have on the environment, we can't deny that animal health and human health are interrelated. Knowing this, we want to make animal health a recurring part of our Newsletter. Tell us what you think!

PETS AND HEART HEALTH

About **610,000 people** die of heart disease in the United States every year—that's **1 in every 4 deaths**.² So, what does that have to do with pets? Science suggests that owning a cat or dog can promote positive effects on heart health.³ They have been shown to help in social facilitation, stress reduction, and positive reinforcement during tasks. Pet ownership has been shown to significantly lowered blood pressure response to mental stress when used with prescribed medications compared to medication alone.⁴ Additionally, walking a dog may increase overall activity levels which benefits heart health.

Sorry cat owners-



PETS
CAN REDUCE DOCTOR
VISITS BY 24%¹



BABY & ME

BABY & ME-Tobacco Free is an evidence based, smoking cessation program created to reduce the burden of tobacco on the prenatal and postpartum population. Smoking during pregnancy is dangerous to mom and baby. Babies born to moms who smoke are more likely to be born too early and/or too small. There is also a higher risk of miscarriage among moms who smoke. Our goal is healthy babies, born on time.

The BABY & ME program involves four prenatal one on one sessions of 30 minutes or less. After the baby is born, participants who are smoke free, come in monthly for breath test and to receive a diaper voucher of \$25. If a support person attends with mom, they receive a voucher if they test tobacco free. When a participant successfully quits smoking during the program, she potentially receives 14 vouchers for diapers and wipes. If a woman is pregnant and using tobacco and wishes to quit smoking, she is eligible. It's very simple.

Quitting smoking is the most important thing a woman can do for her health and the health of her baby. Give Pam Stone a call at 812-283-2746 to enroll in this valuable program.

For more information:

<http://www.babyandmetobaccofree.org/>



Healthy Babies. Born on Time.

1. Headey B, Grabka M. Pets and Human Health in Germany and Australia. Social Indicators Research. 2007.

2. CDC, NCHS. Underlying Cause of Death 1999-2013 on [CDC WONDER Online Database](https://wonder.cdc.gov/). 2015.

3. Allen, Karen. "Are pets a healthy pleasure? The influence of pets on blood pressure." Current Directions in Psychological Science 12.6.2003.

4. Allen, Karen, Barbara E. Shykoff, and Joseph L. Izzo Jr. "Pet ownership, but not ACE inhibitor therapy, blunts home blood pressure responses to mental stress." Hypertension 38.4 2001.

MENTAL HEALTH: BRAINGAMES

WORDSEARCH

W P I
 Z H R E Q M J M E
 S H I D C R G C A M Q D X
 Z Q J U L L Y W F R I V I H K F C
 C M Y M D P B G E M N O L Q Z I Y Y A
 Y X P W N F V W K E T S X D O H G J X S F
 X M N V S B W Q U E T Y L O R T C E L E B
 G D M T G O F V F X N N Q D U T N S R I E D E
 L A I A H X P R O E D G V K U W Y I Y G Y T C
 Y S Y M T K V V A G N D E Y H R V O E G S X H I N
 I A Y S Q T A C O F X O E Q B S J T R A E H M L F
 V F Q P P J S N M R N Q I F E D C E Y F D Q G O G
 D S N H A O D I Q H C P B Z R G F Q S T N C Y E T C I
 D B D L I V C V X O Z P V L K D X R I J K Y F W S Z K
 K Q E Y P R G S L S Z N U J S J Y S C E F E Y T A C R
 E X H A M C O O V X H M Z V T B S R G X H R M I X
 B Q C Y T G U J N C I V T Q T P Z E C A E W A D M
 A Y L I Y Q Q A O O O B F B C R O X N S C U R Q V
 K J D X M X K M U L M N B A V T E S L V M N G
 C F Z R D N V O H J O Q U N X U E U R C N G L
 I M M A I Y Z A U N C V C J Q A N S F J Z
 L F U H Y C W H L O P G E T I Y S M P L C
 B R M C N D R K A M U R E X Q K C K M
 A L E H Z R S K P V G G Z E V S A
 I V B M D R X S K F E U Q
 U Z W X B Z P Z G
 U P D

HEART
 CANCER
 EXERCISE
 COLONOSCOPY
 DIASTOLIC
 SYSTOLIC
 ELECTROLYTE
 STRESS
 CARCINOGEN
 ONCOLOGY

BRAINTEASER

Dr. Johnson bought a new plant for his aquarium that was growing very fast. Every day it was doubling in size. On the 27th day the plant covered the whole aquarium. On which day did it cover half of the aquarium?

Answer:

Since it doubles in size every day, then the fact that it covered the whole aquarium on the 27th day implies that it covered half of the aquarium on 26th day.



SCIENCE SPOTLIGHT

Prevalence of Obesity and Severe

In honor of March being National Nutrition Month, we wanted to highlight a recent study published in 2018 in the Official Journal of the American Academy of Pediatrics.

Researchers from Duke University, Wake Forest University and the Brenner Children's hospital looked at data taken from 2-19 year old children from 1999-2016. They observed trends in weight taken in three obesity classes.

Researchers found that African American and Hispanic children had higher rates in all three classes of obesity than other races. Data also showed a significant increase in the number of obese individuals among 2-5 year olds from 2013-2016, and that obesity increased with age.

The CDC states that 1 in 5 school age children and young adults age 6-19 are obese in the United States.¹ Obesity can be attributed to factors including genetics, metabolism, communities, sleep cycles, nutrition, and activity levels. Obese children are at an increased risk of physical and mental health problems which can affect them the rest of their lives.

This year, let's focus on what we can do to impact and lessen childhood obesity. Governments and communities can offer low-cost opportunities for children to become more active. Doctors can ensure proper weight monitoring. Schools can educate and provide nutritional information. Parents can take a more active role in monitoring a child's activity, eating, and sleeping habits in the home. Together, we can make a difference.

"What you do makes a difference, and you have to decide what kind of difference you want to make." Jane Goodall

Skinner, Asheley Cockrell, et al. "Prevalence of obesity and severe obesity in US children, 1999-2016." *Pediatrics*.2018.

<http://www.munideporte.com/imagenes/documentacion/ficheros/01EF4CA8.pdf>

1. <https://www.cdc.gov/healthyschools/obesity/facts.htm>

JANUARY 1

Bingo every Tuesday and Thursday. Come for a friendly senior game! Supplies are provided. 11:30 PM - 2:00 PM. Ken Ellis Center. Call for information: 812-283-7356.

JANUARY 1

First Day Hike. Falls of the Ohio. 201 W. Riverside Drive. 1:00 PM - 2:30 PM. For info: www.gosoin.com/event/first-day-hike/1973/

JAN 19, 20, 21

Clarksville Little League Registration. Clarksville Community Center. Online registration available. For more info: www.clarksvilleparks.com/special-events.html

JAN 22, FEB 26, MARCH 26

Clark Memorial Hospital Lobby Talks. 4th Monday of each month. 1:00 PM - 3:00 PM. FREE. For more info: www.clarkmemorial.org/classes-and-events

MARCH 1

Bottoms up Bash benefiting the Colon Cancer Prevention Project. For more information: asmart@kickingbutt.org

TODAY!

If you know someone battling Parkinson's or another neurological issue, look into Rock Steady Boxing, a nonprofit organization, giving people with Parkinson's disease hope by improving their quality of life through a non-contact boxing based fitness curriculum. Full Moon Martial Arts has Kentuckiana's First Rock Steady Boxing program. 12 sessions per week. Financial assistance available. 812-288-9886

Administration/Vital Records/Environmental

1320 Duncan Avenue Jeffersonville, IN 47130

Phone 812-282-7521

Office Hours

Monday 8:30am - 4:30pm

Tuesday 8:30am - 4:30pm

Wednesday 8:30am - 4:30pm

Thursday 8:30am - 4:30pm

Friday 8:30am - 4:30pm

Saturday - CLOSED

Sunday - CLOSED

Baby and Me, Tobacco Free - Phone 812-283-2746

Public Health Nurse

1301 Akers Avenue Jeffersonville, IN 47130

Phone 812-283-2459

HIV/STD Program Office - Phone 812-288-2706

Public Health
Prevent. Promote. Protect.

Clark County Health Department

