

For the Health of It

Clark County Health Department

January 1, 2020

NOTABLE NEWS

VOLUME 3
ISSUE 1

IT'S ALMOST TIME TO MOVE!

The new location for the health department is coming along, actually nearing completion! The first floor is about 95% complete while the second floor is around 60 to 70% complete. The goal is to relocate both existing buildings into the new building before the end of January!! Watch for important move dates on our Facebook page and our website. The department will make every effort to minimize service disruption but admittedly combining two structures into one is daunting when considering the planning, the coordination, and the uncertainty of all the things that can go wrong.

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However, after all the glitches are solved, and the reorganizing of the reorganizing is done, this new location will be a tremendous community asset. The staff at CCHD are very proud of this accomplishment and we hope the community is as well. This opportunity to expand physically has already allowed for new innovative public health programs and provides space and new/current technology so we can reach more members of our community. **We look forward to 2020, and hope that the new year brings all in the Clark County Community a safe, healthy, and prosperous New Year!!**



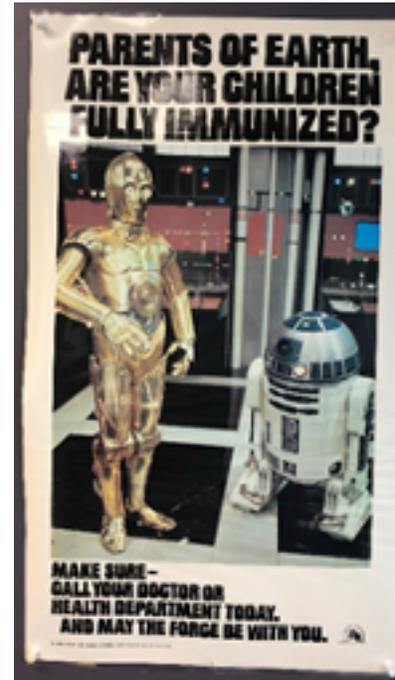
IS YOUR HEALTH DEPARTMENT AN IN-NETWORK PROVIDER?

The Clark County Health Department has for decades offered vaccinations to children to reduce or eliminate childhood diseases in the community. Over the years campaigns with crafty slogans like “Shots While They’re Tots” and Star Wars themed campaign drives have successfully encouraged parents of our most vulnerable population, children, to get coverage against very dangerous and sometimes fatal diseases. This effort continues today!

That being said, the medical community continually evolves as it relates to forms of treatment, treatment options, insurance coverage, type of insurance, in-network coverage, out-of-network coverage, etc. For years, the Clark County Health Department has solely relied on state funding for vaccines for uninsured children and sometimes adults, but over the years this has created gaps in coverage for some in our community. Essentially, yesterday’s business practices in today’s medical system is not as efficient and certainly can be cost prohibitive.

So what have we done at the Clark County Health Department to increase vaccination coverage for the community we serve? In the last few years we have gone from being able to provide vaccines to children without insurance to providing vaccines to children and adults **with many types of private insurance**. These vaccines include flu, tetanus, pertussis, chicken pox, etc. Most are available at CCHD for adults and children with private insurance; however, CCHD has for years been offering at no charge (donations welcome!) vaccines to our children with Medicaid or no insurance coverage at all. This program is funded by the State of Indiana. Programs like this are critical to the safety of our children and the community at large, but in recent years, additional financial support has been made available in the form of Medicaid administrative reimbursement, basically a service fee.

CCHD will always vaccinate any uninsured child in need, regardless of ability to pay, but children covered under Medicaid allow for the department to charge an administrative fee, \$15.00 per visit. Although it does not sound like much, collectively over a year these dollars can help support increased nurse staffing which will in turn improve our overall community’s health, one vaccine at a time! **Remember, these fees do not come from the family in need but rather Medicaid.** The inability to charge Medicaid for these fees means that they are surrendered every time a Medicaid covered vaccine is provided. Therefore, we are pleased to announce we have been approved for traditional Medicaid, but are still working on the mechanics of billing and contracts with Medicaid providers such as Anthem, Caresource, etc.!!!! We endeavor to build our public health nurse division by receiving funding for what we already do and have done for so many decades.

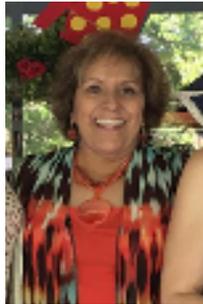


If you have questions, or need a vaccine whether an adult or child, insured or uninsured, or need travel vaccines, don’t forget about the health department! We are here to serve our community and promote a safe community to live and work!



HEALTH DEPARTMENT SERVICES

If you have ever stopped by our environmental office, you know how busy things can get. Our front end staff works hard from open to close and must know all aspects of the department. They field all calls and complaints, and greet every guest that walks in. They handle all permits (restaurant, septic, and pools), open records requests, and vital records requests (birth and death certificates).



Certified Birth Certificates are \$12 a copy. The individual must have been born in Clark County.

Required forms of identification to obtain a birth certificate are as follows:

Valid Drivers License, Military ID, State ID Card, Valid Passport, Department of Corrections, issued within the last six months, School ID with signature or photo, or a court order that states for the Clark County Health Department to release a person's record to the named person on a record.

If you don't have above documentation, please feel free to call us at 812-282-7521 Monday thru Friday from 8:30-4:30 and we will gladly discuss secondary documentation that's required.

There is a one page application that must be filled out in order to receive your copy. You must have both parent's names as well as your Mother's Maiden name. Birth Certificates are printed while you wait.

Certified Death Certificates are \$15 a copy. The deceased must have passed away in Clark County.

In order to receive a certified Death Certificate, you must have a vested interest with the deceased, such as finalizing financial responsibilities or selling assets. If you're an immediate family member, no such vested interest is needed.

Septic Applications New Construction

There is a \$25 application fee in order to start a Septic process. With that, our inspectors take the soil report and translate it into a written description for the Septic installers. After this is finished, we send the homeowner a copy of this report, who can then select their own licensed septic installer. When the installer is ready to move forward, he or she then contacts our office before 9:30am at 812-282-7521 on the day they are ready for a contractor conference. During the conference, the inspector decides if the system, already laid out prior to the inspector's arrival, is approved. The homeowner is then notified of the decision. If approved, the homeowner as well as planning and zoning will receive an approval letter. The homeowner will then go to planning and zoning and pay for their building permit. The homeowner should bring the building permit as well as their written legal description back to us at 1320 Duncan Avenue between the hours of 8:30-4:30 and we can then issue their Septic Permit for a fee of \$150.

For Septic repairs and existing septic checks, we welcome all questions and calls concerning this process between the hours of 8:30-4:30 Monday thru Friday.



WELCOME



BY DR. ERIC
YAZEL,
CLARK COUNTY
HEALTH OFFICER



We would like to announce a new Health Educator position at the Health Department! Mike Ross has decades of experience in the local EMS field and has assisted us in numerous public health endeavors through the years. We are excited to have Mike on board and think he will have a great impact on our community.



The Health Educator will serve as the main liaison for our Safe Sleep and Pulse Point initiatives. We want to reach out to all our families with young children and ensure they are educated on proper sleep conditions. There is no better investment we can make than improving the health and safety of our children. He will also be increasing our training options for Pulse Point, so look out for that. We want as many responders as possible ready to assist our fellow citizens in need. He will also be active throughout the community in various other educational capacities. So please, contact us with your ideas, programs, or anything else that you think would positively impact our community. We look forward to hearing from you!!



HOLIDAYS GOT YOU DOWN?



Stressed, Depressed, Lonely, or Sad? Text it out.

Text "Connect" to 741-741

The National Center for Crisis & Suicide Support
ARTS@Crisis.org

Free, 24/7, Confidential, & Nationwide
Over 75% of calls are answered in 3 minutes or less.
Crisis text line: Text "CONNECT" to 741-741

LifeSpring Health Systems

You are not alone! Depression and Anxiety can happen to anyone.

crisistextline.org

Resources are available!

OTHER IMPORTANT NUMBERS

National Suicide Prevention Lifeline:

1-800-273- TALK (8255)

Safe Place- Teens Text "SAFE" and current

location to 4HELP (44357)

National Domestic Violence Hotline – Call

800-799-SAFE (7233)

Sexual Assault Hotline – Call 800-656-HOPE

(4673)

Poison Control Center - 1-800-222-1222

Dial 2-1-1 from a local phone or use their website to search for organizations that offer local support resources and services. www.211.org

Indiana Problem Gambling Helpline -

1-800-522-4700

American Pregnancy Association Pregnancy

Educator 1-800-67- BABY 6
(1-800-672-2296)

Teen Line- teen to teen helpline Call 1-800-

TLC-TEEN (9pm to 1am). Or Text

"TEEN" to 839863 (6:00pm to 9:00pm)

****Not in crisis mode but still want to talk?** Try the KEY Consumer "Warmline" You can talk to a peer who is also in recovery from mental health challenges. 8:30-4:30 M-F. 1-800-933-5397

JANUARY IS CERVICAL HEALTH AWARENESS MONTH!

- Nearly 13,000 women in the United States are diagnosed with cervical cancer each year.¹

- At one time, cervical cancer was the leading cause of cancer death for

women in the US.²

- Fortunately, that has all changed due to an increase in education, regular PAP screenings, and HPV Vaccinations.
- Talk to your doctor about recommended screenings and vaccinations for your age and risk factors.
- Low-income or individuals with no insurance may find free or low cost resources here:

www.cdc.gov/cancer/nbccedp/screenings.htm

MARCH IS TRISOMY AWARENESS MONTH!

Most individuals have 46 chromosomes

(23 pairs). Trisomy is a condition that occurs when a person has a full or partial extra chromosome in most or all of the cells. The location of the

extra chromosomes determines if the embryo will develop at all, and what condition the individual will end up with (ex: Edwards, Patau, Down Syndromes).

Use this month to learn about these conditions, help to understand the challenges that family members may have, and see what you can do to further current research.



For more information:

www.nichd.nih.gov/newsroom/resources/spotlight/031513-trisomy

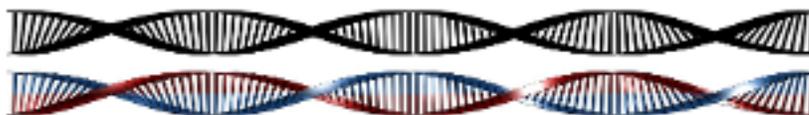
<https://trisomy.org/trisomy-awareness-month/>

1. <https://www.nccc-online.org/hpvcervical-cancer/cervical-health-awareness-month/>

2. <https://www.cdc.gov/cancer/cervical/statistics/index.htm>

EXPLORE TRISOMY: KNOWLEDGE AND HOPE

In honor of trisomy awareness month this article will discuss what trisomy is, some common associated disorders, and how these different disorders can occur. Trisomy is defined as a condition in which an individual has a full or partial extra chromosome in most or all of its cells. The location of the extra chromosome determines if the embryo will develop at all and which condition it may end up with. Chromosomes are the foundation that makes up who we are, what we look like, along with all our personality traits. All of our DNA is tightly packed into coil-like structures that make up one chromosome. Humans have 22 pair of chromosomes and one sex chromosome pair making a total of 46 chromosomes per cell. During division of cells there are different mutations that can occur and in turn, cause chromosome abnormalities. There are many different abnormalities, including when there is an extra or missing chromosome, and also structural abnormalities.



Abnormalities in chromosomes can cause a number of different diseases. The most common trisomy disorders are Down syndrome or Trisomy 21, Edward's syndrome or Trisomy 18, and Klinefelters syndrome or Trisomy XXY, with the most common of those being Down syndrome. Down syndrome is when there is a duplication event in chromosome 21 and instead of having a pair, there are three. More than 200,000 individuals are born with Down syndrome each year, and although research is being done, there is no cure since it happens during conception. According to the CDC, individuals with Down syndrome may look similar but all have different abilities. One challenge these individuals face is an IQ in the mildly-to-moderate low range and they tend to be slower to speak than other children. Some distinct characteristics of Down syndrome can affect the face, hands, and overall height. Trisomy 21 affects about 1 in every 700 babies each year.



Trisomy 18, or Edward's Syndrome, happens to be the second most common trisomy syndrome. This condition affects many parts of the body including the feet, hands, and face/head. Like Down syndrome there is an extra chromosome but instead of chromosome 21 it is chromosome 18. Unfortunately only five to ten-percent of children born with Edward's syndrome live beyond the first year due to the severe challenges these individuals face. This condition can occur in one of 6,000 live births with 80% of those being females.

Klinefelters syndrome is another condition that occurs due to a chromosome trisomy event. This condition differs from Down syndrome and Edward's syndrome due to the fact it only occurs in males. At conception when this can occur, instead of the common XY chromosomes in males there is a duplicated X chromosome from the mother or father, allowing the trisomy of XXY. This condition also differs because it is hard to realize one has Klinefelters at birth, instead these individuals usually realize once they mature or try to start having a child. Klinefelters is a syndrome that has no cure but is treatable with hormonal therapy.



For Trisomy resources and information: <https://ghr.nlm.nih.gov/condition>, www.trisomy18.org/, www.hopefortrisomy13and18.org/, <https://livingwithxxy.com/blog/> www.betterhealth.vic.gov.au/health/conditionsandtreatments/trisomy-disorders

Hope



HELPING OTHERS

JUST BECAUSE THE HOLIDAYS ARE OVER, DOESN'T MEAN THE NEED IS OVER

WHEN WE GIVE CHEERFULLY AND ACCEPT GRATEFULLY, EVERYONE IS BLESSED.
-MAYA ANGELOU

Everyone goes through a rough patch now and then. There is no shame in needing help. Holidays are filled with resources and charitable causes; however, just because the holidays have passed, doesn't mean the need is over.

For general, local resource information you can always call 211 or visit www.in211.org. Another great local resource for one time, emergency monetary assistance, or recommendations for other help is your local Trustee's office. Never be afraid to ask what they can do for you. Even if out of their realm, they may be able to point you in the right direction.

Food Pantries are another local resource. Feeding America states that 37 million Americans suffer from hunger. Not knowing where the next meal will come from can affect school performance in children as well as depression and health in children and adults. Maybe you got the flu and missed a paycheck. Maybe you were laid off and are in-between jobs. Maybe your child needed new shoes for school. Don't let pride stand in your way of asking for help.

The following are local resources for food pantries. **Locations may have income and residence requirements so call ahead to see what you will need to bring to pick up some food items.**

- ▶ **Hope Southern Indiana** Floyd County residents only. 812-948-9248
- ▶ **First Trinity Missionary Baptist Church**
201 National Avenue, Jeffersonville
502-649-1773
 - ▶ 2nd Saturday each month 10AM - 12PM

- ▶ **Center For Lay Ministries**
213 E Maple Street, Jeffersonville
812-282-0063
 - ▶ M-F 9-9:30 AM, Sat 9 AM-12
 - ▶ **Evangel North Church** 732
Thames Drive, Clarksville.
502-413-0115
 - ▶ 4th Thursday each Month
6:30 PM- 8:30 PM
 - ▶ Emergency food available
- ▶ **North Clark Outreach Center**
240 Harrison Street, Charlestown
812-256-2633
 - ▶ Weds 10 AM- 12 PM
 - ▶ 1st and 3rd Tues of each
month 5:30 PM - 7 PM
- ▶ **Lifespan Resources** 812-948-8330
 - ▶ Offers home-bound
individuals home food
delivery for a cost.

You can also find a map of local Little Free Pantries at:
<http://mapping.littlefreepantry.org/>



** Remember, all food pantries are in need of donations! Please consider a one-time or recurring drop off of food items. Just call the listed number for info!

PUBLIC HEALTH

ALL CREATURES GREAT AND SMALL

"TRY TO BE LIKE THE
TURTLE - AT EASE IN YOUR
OWN SHELL"
-BILL COPELAND

As you may have noticed, we like to highlight our fuzzy friends since pet health and people health often go hand in hand. But what about the not-so-fuzzy?

It is estimated that over 4 million reptiles are kept in US. households¹, while it is believed that 4.6% of households have either a reptile or amphibian as a pet.

Although requiring detailed, challenging care and not being overly affectionate, reptiles and amphibians can make great pets. They often need relatively small enclosures, are quiet, and many have limited odors (not to mention adorable!). But, there are hidden dangers to owning one of these awesome creatures.



Salmonella is a bacteria that we often associate with food but is also found in the intestinal tract of animals. Although found in other

pets, salmonella is most often transmitted by reptiles and amphibians.

Various studies, highlighted in Whiley et al. (2017)², have shown between 29 and 89% of reptiles and amphibians can be infected with Salmonella. Pets may not exhibit any signs or symptoms of infection. Because the bacteria is shed in the feces of a pet, handling the animal or cleaning the enclosure can easily spread bacteria to the hands of humans. The CDC has investigated numerous outbreaks linked to keeping reptiles and amphibians as pets.³

An infection can cause diarrhea, vomiting, fever and abdominal cramping. Children under 5, adults over 65, and immunocompromised individuals are most at risk for infection. Infection may require hospitalization.

Practice the following tips to prevent Salmonella infections in your household:

- Always wash your hands thoroughly with soap and water after handling your pet or cleaning its enclosure

- Clean the enclosure outside if possible
- Never take your pet or clean the enclosure in the kitchen
- Don't keep reptiles and amphibians in households with children under 5



Be sure to first check local laws regarding specific species, and acquire your new friend from a local rescue or reputable breeder.

NEVER take an animal from the wild. Often, stores import reptiles and amphibians from their native lands.

And remember, if you can't care for a pet-please DO NOT release it into the wild. Most pets cannot survive on their own. Additionally, there is always a chance of the pet breeding and out competing native animals for resources, or even releasing new pathogens into the environment. Find a local rescue to take your pet.

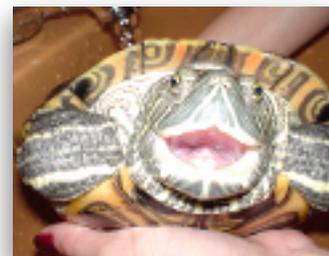


Frightening Facts

An estimated 90% of wild-caught reptiles die in their first year of captivity (animallaw.info)

There are 104 documented invasive amphibian species around the world (theconversation.com)

The US alone imported 3.6 million pet amphibians in the past five years.⁴



1. Insurance Information Institute, "Facts + : Pet Statistics," American Pet Products Association's 2017-2018 National Pet Owners Survey

2. Whiley H, Gardner MG, Ross K. A Review of Salmonella and Squamates (Lizards, Snakes and Amphibians): Implications for Public Health. *Pathogens*. 2017;6(3):38.

3. <https://www.cdc.gov/features/salmonellafrogturtle/index.html>

MENTAL HEALTH: BRAINGAMES

WORD SEARCH

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

NUTRITION
VITAMIN
PROTEIN
GLUCOSE
LEGUMES
WATER
FIBER
CARBOHYDRATE
ANTIOXIDANT
MINERAL

BRAINTEASER

Questions:

- 1) What becomes noisier once it has been unplugged?
- 2) How many 3 cent stamps are in a dozen?
- 3) A man left home running. He ran a ways and then turned left, ran the same distance and turned left again, ran the same distance and turned left again. When he got home, there were two masked men. Who were they?

Answer:

- 1) A bathtub
- 2) A dozen
- 3) The catcher and the umpire



SCIENCE SPOTLIGHT

Cervical cancer incidence among elderly women in Massachusetts compared to younger women

January is cervical health awareness month, so we wanted to highlight a study that looked at current cancer screening requirements for cervical cancer and their potential effects.

Current recommendations for screening from the American Cancer Society, as well as other national groups^{1,2} call for regular cervical screening cessation at age 65. Feldman et al. (2018) looked at 2,418 diagnosed individuals over a 10 year period in Massachusetts and found that 571 (23.6%) of cases involved women ages 65 or older. Additionally, women ≥ 65 were also diagnosed at more advanced cancer stages ($p < 0.001$).

The paper notes that studies show that regular screening for cervical cancer is correlated with lower prevalence rates, but that rates have been shown to decline only once women are over the age of 80³.

Scientists also looked at additional research on racial difference in cancer rates and discusses potential issues in current guidelines stemming from lack of medical history availability. Although a limited study with confounding variables, it provides data to suggest that experts should revisit guidelines on cervical cancer screening.

https://journals.lww.com/jlgttd/Abstract/2018/10000/Cervical_Cancer_Incidence_Among_Elderly_Women_in.9.aspx

1. <https://www.uspreventiveservicestaskforce.org>

2. <http://www.asccp.org/guidelines>

3. Copeland G, Datta SD, Spivak G, Garvin AD, Cote ML. Total burden and incidence of in situ and invasive cervical carcinoma in Michigan, 1985–2003. *Cancer* 2008;113

JANUARY 1

First Day Hike. Falls of the Ohio. 1:00 PM - 2:30 PM. Fossil Hike. \$2.00. For more information: www.fallsoftheohio.org.

JANUARY 24, FEBRUARY 28

Become a Dementia Friend Workshop. Free. LifeSpan Resources. 33 State St., New Albany. FREE but Registration Required. For More information: www.dementiafriendsindiana.org/

FEBRUARY 22

The Minority Pre-health Symposium seeks to empower students interested in pursuing health related careers. FREE. 8:30 AM - 4:00 PM. U of L Health Sciences Center. www.eventbrite.com/e/2020-minority-pre-health-symposium-tickets-70280132769

FEBRUARY 15

Borden Polar Plunge benefiting Special Olympics Indiana. 10:00 AM Deam Lake State Recreation Area. For more information: www.polarplungein.org

Administration/Vital Records/Environmental

1320 Duncan Avenue Jeffersonville IN 47130

Phone 812-282-7521

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

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

Public Health
Prevent. Promote. Protect.

Clark County Health Department