

For the Health of It

Clark County Health Department

April 1, 2021

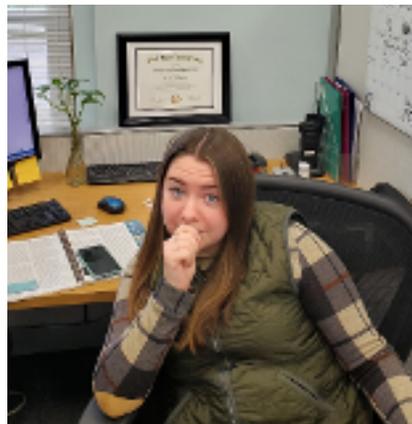
VOLUME 4
ISSUE 1

NOTABLE NEWS

WELCOME!

We have new additions to our Environmental family. Welcome Ashleigh Smith and Brent Segura!

I was born and raised in Southern Indiana and attended Ball State University with a Biology/Pre-med degree. At BSU I lead on campus community events and outreach, and with a passion for public health and teamwork, I figured this job would be a great fit for me. I love dogs, the outdoors, friends, and all kinds of food... and talking so feel free to say hi anytime! – Ashleigh

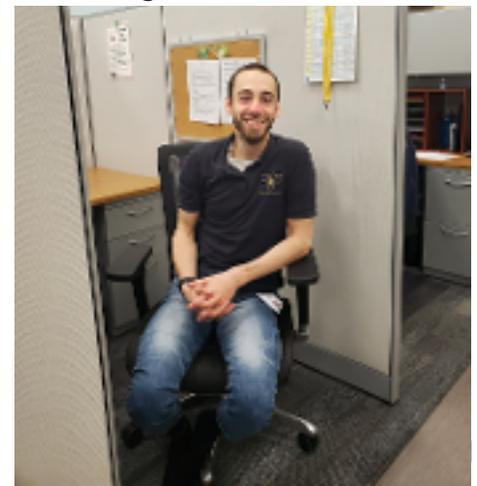


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I hail from Crown Point Indiana (Which is located in the Northwest Region of Indiana) and graduated from Indiana University Bloomington. I lived in Indianapolis for the past 3 years. I am Gluten-free (Not by choice). I enjoy being active and love pretty much all of the sports, both watching and doing. I joined the health department because I thought it would be a great way to improve public health.

–Brent



VACCINE CLINIC



In cooperation with Indiana Department of Health and Clark Memorial Health, we have been able to expand our Clarksville vaccine clinic and offer Moderna, and now Pfizer vaccinations, as well as the newly Emergency Use Authorized J & J vaccine.

Since January 11th, our Department and Clark Co. Medical Reserve Corps Volunteers have administered 10,231 vaccines through the Home-bound Hoosiers program, pop-up clinics, and from our main site in Clarksville (as of 3/19/21).



EMPLOYEE RECOGNITION

The Department recently had four team members recognized by the Indiana Department of Health for their activities in HIV prevention and Testing. Way to go team!

Congratulations!



**APRIL IS
NATIONAL
MINORITY HEALTH
MONTH**

This April, visit the Minority Health National Minority Health Month website for information, promotional materials and

ideas on how to stay #ActiveandHealthy and support physical, mental and emotional wellness.



minorityhealth.hhs.gov/nmhm/

**JUNE 27TH
IS NATIONAL
HIV TESTING
DAY!**



First observed on June 27, 1995, National HIV Testing Day (NHTD)

is a day to encourage people to get tested for HIV, know their status, and get linked to care and treatment.

At CCHD, we offer HIV and STD testing by appointment.

Call for an appointment:
812-288-2706

**SAFE SLEEP IS
AS EASY AS**

**ALONE.
BACK.
CRIB.**

 If your baby needs a safe place to sleep, visit safesleep.lsdh.in.gov.

FREE Safe Sleep Program & Adult/Child/Infant CPR Certification

CPR Certification is through the American Safety & Health Institute (ASHI).

Adult/Child/Infant CPR paired with the Safe Sleep Program is a no-brainer for all parents, grandparents, aunts, uncles, nieces, nephews, cousins, friends and ANY caregiver who may have the responsibility of caring for a baby or child.

CCHD offers this course once a month and you must pre-register. Call Mike Ross at 812-282-7521 EXT 232 for info.

Upcoming class dates include:

Tuesday April 13

Tuesday May 11

Tuesday June 8

Tuesday July 13

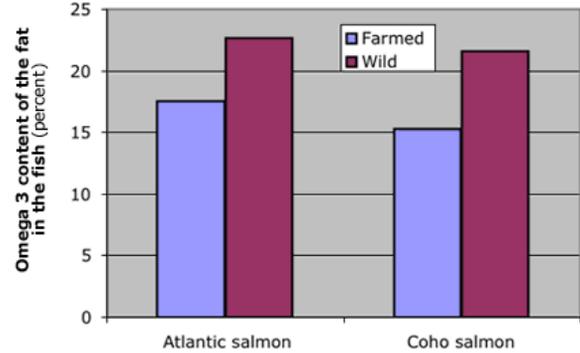
Tuesday August 10

Pre-register at eventbrite.com

ANIMAL HEALTH AND HUMAN HEALTH: MERCURY IN FISH



The fat in wild salmon is richer in healthy omega-3 fatty acids than farmed salmon fat

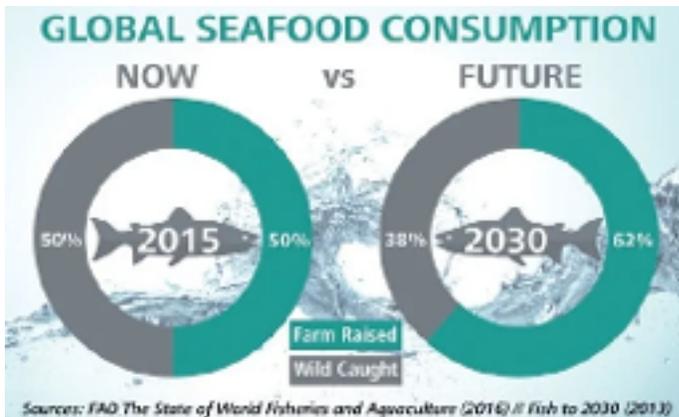
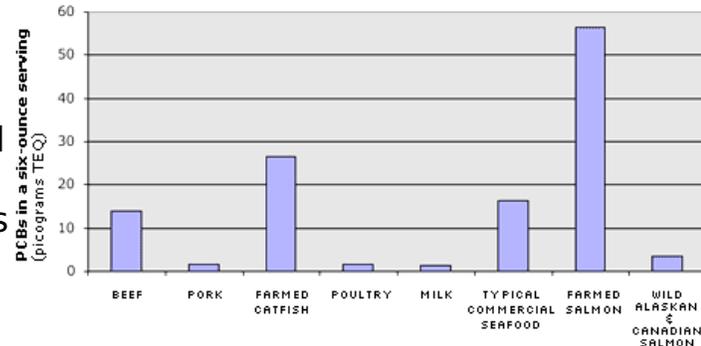


Source: EWG analysis of data from USDA (2002).

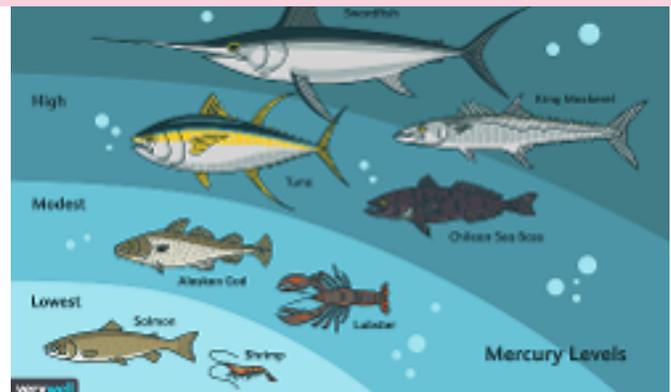
There is an ongoing debate on the health and ecological consequences between eating farm raised vs. wild caught fish. Studies vary on whether farm raised fish have higher nutrients, but also lean toward wild caught fish having less contaminants. What we do know for sure is that raising any animal has public health and environmental impacts that must be considered since we may see a shift in global seafood consumption to the farming side of things.

One contaminant of importance is mercury. Mercury is a toxin that bioaccumulates within the flesh of fish—that is when a substance is absorbed more quickly than it is excreted. And, when one organism such as a larger fish, eats a smaller fish, the larger fish now contains all of the accumulated toxin (primarily metals) from both bodies. The higher up on the food chain= the more toxins. This is called biomagnification.

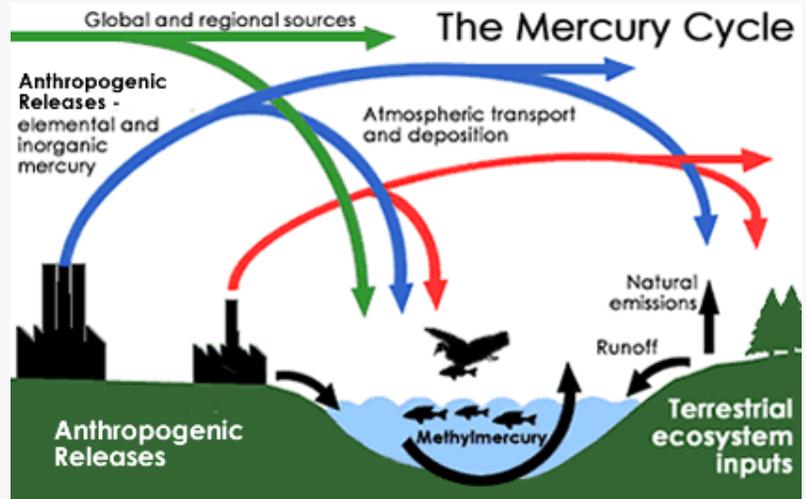
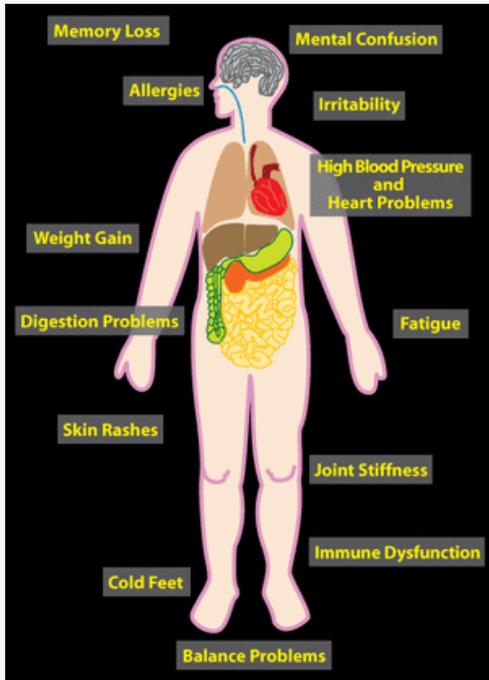
A serving of farmed salmon has up to 40 times more PCBs than other foods



Fish in the wild eat a more natural diet which can alter their nutritional value. Additionally, farm raised fish are often kept in overpopulated conditions, which can lead to a higher prevalence of disease. Imported farmed fish may also have had more antibiotics used in their raising. So, where was that fish dinner sourced from?



Mercury enters the food chain as an emitted pollutant. Mercury has been shown to have profound negative impacts on human health. It is a particular concern for pregnant women and young children and it primarily affects the nervous system. Vulnerable individuals should limit the amount of fish they consume, or choose particular species that have been shown to contain less mercury.



For More Information:

www.fda.gov/food/consumers/advice-about-eating-fish

www.who.int/news-room/fact-sheets/detail/mercury-and-health

www.greenfacts.org/en/mercury/mercury-1.htm

www.healthline.com/nutrition/wild-vs-farmed-salmon#fatty-acids

MERCURY LEVELS IN FISH

HIGH		MEDIUM		LOW	
Bluefish	Seabass (Chilean*)	Bass (Striped, Black)	Monkfish*	Arctic Cod	Mullet • Oyster
Crab (Blue)	Shark*	Carp	Perch (Freshwater)	Anchovies	Perch (Ocean)
Grouper*	Swordfish*	Cod (Alaskan)	Sablefish	Butterfish	Plaice • Pollock
Mackerel (King, Spanish, Gulf)	Tilefish*	Croaker (White Pacific)	Skate*	Catfish • Clam	Salmon** (Canned, Fresh, Wild)
Marlin*	Tuna (Ahi, *Yellowfin, *Bigeye, Blue, Canned Albacore)	Halibut (Pacific, Atlantic*)	Snapper*	Crab (Domestic)	Sardine • Scallop*
Orange Roughy*		Lobster	Tuna (Canned Chunk Light, Skipjack*)	Crawfish/Crayfish	Shad • Shrimp*
Salmon** (Farmed, Atlantic)		Mahi Mahi	Sea Trout	Croaker (Atlantic)	Sole • Squid
				Flounder*	Tilapia • Trout
				Haddock (Atlantic*)	Whitefish
				Hake • Herring	Whiting
				Mackerel (N. Atlantic, Chub)	

*Overfished **May Contain PCBs

Data from: nrdc.org

MENTAL HEALTH: BRAINGAMES

WORDSEARCH

Stroke Awareness

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

STROKE
 ANEURYSM
 ISCHEMIC
 SEIZURE
 CHOLESTEROL
 HYPOXIA
 PLATELETS
 THROMBUS
 BLOOD
 CLOT

Questions:

1. What has 3 ways out but only one way in?
2. What table can you eat (and be healthier!) ?
3. On which side do chickens have the most feathers?

BRAINTEASER

Answers :
 1.A T-Shirt

2. A vegetable (you really should be eating more of those you know...)
3. The outside

SCIENCE SPOTLIGHT

Decreased serum bilirubin levels in children with lead poisoning

Mengsi Ye ,Tingting Zhang, Zhibo Chen, Shuo Chen, Huale Chen

"Lead is a toxic heavy metal, which causes irreversible damage in children. Oxidative stress is the underlying mechanism of lead toxicity, and monitoring oxidative stress of lead poisoning children *in vivo* is important. Our study aimed to investigate blood serum levels of biochemical parameters, including albumin, bilirubin, creatinine, and uric acid, which are regarded as non-enzymatic antioxidants, in children with lead poisoning....

...Oxidative stress is the underlying mechanism of lead-induced organ injury. Lead is a redox-inactive metal, and it shows its pro-oxidative activity by generating reactive oxygen species and depleting cellular antioxidant reserves. In the worst case scenario, pro-oxidative activity of lead results in irreversible neurological damage to children without proper treatment, costing an estimated \$50.9 billion annually in lost economic productivity in the USA....

We found that albumin, bilirubin, urea, and creatinine levels were significantly lower and AST, total protein, and globulin levels were higher in children with lead poisoning than in controls. Direct bilirubin, albumin, total protein, urea, creatinine, and AST levels were associated with lead poisoning after adjustment for other covariates.....

.....Lead interferes with the non-enzymatic antioxidant system in children, and lead poisoning results in a decrease in serum bilirubin levels."

<https://journals.sagepub.com/doi/full/10.1177/0300060521990248>

Calendar

CCHD and CMH are hosting a FREE Drive-Thru Community Baby Shower! Saturday May 8th.

This event is limited and you must register at:

<https://www.eventbrite.com/e/community-baby-shower-tickets-147146766941>

For more info on how you can protect your children from potential lead poisoning, see: www.cdc.gov/nceh/features/leadpoisoning/index.html

Ye M, Zhang T, Chen Z, Chen S, Chen H. Decreased serum bilirubin levels in children with lead poisoning. *Journal of International Medical Research*. February 2021. doi:10.1177/0300060521990248

1201 Wall Street Jeffersonville, IN 47130

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

Administration/Vital Records/Environmental

812-282-7521

Public Health Nurse

812-283-2459

HIV/STD Program Office

812-288-2706

Public Health
Prevent. Promote. Protect.

Clark County Health Department

