

# For the Health of It

## Clark County Health Department

January 1, 2025

## NOTABLE NEWS

HEAR YE!  
HEAR YE!

## IN THIS ISSUE

Notable News	Page 1, 2
Ryan White HIV/ Aids Program	Page 3, 4
Sedentary Living	Page 5
One Health-Avian Influenza	Page 6, 7
Brain Games	Page 8
Science Spotlight	Page 9
Contact Us	Page 9



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ISSUE 1

Our very own Doug Bentfield has received the Distinguished Public Health Service Award. This award is presented by The Indiana Public Health Association (IPHA). Its purpose is to award and recognize a public health professional in Indiana who 1) has made a significant contribution to the field of public health for more than ten years; 2) has displayed exceptional leadership; 3) has impacted the accomplishments of others in the field of public health; and 4) has done outstanding work to support and advance public health initiatives, practice, or policy.

Doug has been with the department over 24 years and is currently the Administrator. Congrats to Doug!

## ANOTHER AWARD RECIPIENT!



Our very own REHS Zak McKinley, has received the 1st annual Laura Lindley Award. This award is presented by The Indiana Environmental Health Association (IEHA). The Laura Lindley Memorial Service Award was established by the Indiana Environmental Health Association's Southeastern Chapter to recognize and celebrate the achievements of current environmental public health professionals while honoring a legacy that continues to inspire us. Winners have made an outstanding contribution in the field of environmental health/public health that improved public health or welfare and have made a significant contribution to the advancement of the Indiana Environmental Health Association Southeastern Chapter.

Zak has been with the department 7 years. He is also the current SE Chapter IEHA treasurer, the past vice president of IEHA, and the current President-Elect! Congrats to Zak!



# Breaking Barriers: HRSA's Ryan White HIV/AIDS Program Achieves Record Breaking Success

In a landmark announcement on World AIDS Day 2024, the Health Resources and Service Administration (HRSA) reported unprecedented success in HIV care across the United States. The Ryan White HIV/AIDS Program has achieved a remarkable **90.6% viral suppression rate among its patients**, setting a new standard in HIV treatment effectiveness.

This achievement, announced by HRSA Administrator Carole Johnson at La Clínica del Pueblo in Washington, D.C., represents a significant leap from the 70% suppression rate recorded in 2010. The program's success far exceeds the national average of 65% viral suppression among all individuals with HIV in the United States.

The program's comprehensive approach has proven transformative, serving over 576,000 individuals – more than half of all diagnosed HIV cases in the country. Its success stems from addressing not just medical needs but also crucial support including housing, transportation, and mental health care.

## Key Achievements:

- 90.6% viral suppression rate among recipients.
- Coverage of over 50% of diagnosed HIV cases nationwide.
- Nearly half of clients are 50 or older, showcasing successful long-term care.

The program's structure spans multiple levels of care through its various parts:

- Part A serves cities and counties.
- Part B covers states and territories.
- Part C supports local community-based ambulatory health services.
- Part D focuses on care for women, infants, children, and youth.
- Part F provides workforce education, training, and innovative care models.

This success carries profound implications for public health. Viral suppression not only prevents sexual transmission of HIV but also enables individuals to lead longer, healthier lives. The program's achievement aligns with the federal Ending the HIV Epidemic in the U.S. (EHE) initiative, which aims to reduce new HIV infections through enhanced care access and engagement.

HRSA Administrator Johnson emphasized the program's critical role. "Today's record-breaking data highlight the Ryan White Program and underscore the vital role of the program to ensure no communities are left behind as we work towards ending the HIV epidemic."

The program's success in achieving viral suppression demonstrates the effectiveness of its

comprehensive care model. By addressing both medical and support service needs, the Ryan White HIV/AIDS Program has created a blueprint for successful HIV care delivery that could inform similar programs worldwide.

Looking ahead, the program continues to evolve, particularly in addressing the needs of an aging HIV-positive population. With nearly 48% of clients aged 50 or older, the program demonstrates its adaptability in meeting changing demographic needs while maintaining its commitment to comprehensive care.

The milestone achievement represents more than just statistics. It represents thousands of lives improved and communities strengthened through dedicated, comprehensive HIV care. As the program moves forward, its success serves as a beacon of hope in the ongoing fight against HIV/AIDS, proving that with proper support and care, living a healthy life with HIV is not just possible, but achievable for the majority of patients.

To access the new 2023 Ryan White HIV/AIDS Program By the Numbers data infographic, visit: <https://ryanwhite.hrsa.gov/sites/default/files/ryanwhite/resources/rwhap-hrsa-numbers-2023.pdf>

To learn more about HRSA's Ryan White HIV/AIDS Program, visit [ryanwhite.hrsa.gov](https://ryanwhite.hrsa.gov).

For more information about HRSA's role in the Ending the HIV Epidemic in the U.S. initiative, visit [www.hrsa.gov/ending-HIV-epidemic](https://www.hrsa.gov/ending-HIV-epidemic)



# SEDENTARY LIVING

It's cold outside, and dark at 4pm. I'm not leaving the house.

What's the harm with a warm snuggly blanket and a cup of hot cocoa? Well, nothing in moderation. But reducing your activity in winter, whether due to hazardous roads, cold, darkness, or seasonal depression, can have consequences on your health.

Medline Plus recognizes the following concerns from having an inactive/sedentary lifestyle:

- You burn fewer calories. This makes you more likely to gain weight
- You may lose muscle strength and endurance, because you are not using your muscles as much
- Your bones may get weaker and lose some mineral content
- Your metabolism may be affected, and your body may have more trouble breaking down fats and sugars
- Your immune system may not work as well
- You may have poorer blood circulation
- Your body may have more inflammation
- You may develop a hormonal imbalance
- You may have increased depression or sadness

There are some ways you can be active around your house:

- Housework, gardening, and yard work are all physical work
- Keep moving while you watch TV. Lift hand weights, do some gentle yoga stretches, or pedal an exercise bike
- Work out at home with a workout video (on your TV or on the internet)
- Go for a walk in your neighborhood. It can be more fun if you walk your dog, walk your kids to school, or walk with a friend
- Stand up when talking on the phone
- Get some exercise equipment for your home. Less expensive equipment such as yoga balls, exercise mats, stretch bands, and hand weights can help you get a workout at home too

**5 Benefits of exercise**

**1. Improves cardiovascular health:**  
Strengthens the heart and improves blood circulation.

**2. Increases strength and endurance:**  
Develop stronger muscles and improve physical endurance.

**3. Promotes mental health:**  
Reduces stress, anxiety and improves mood.

**4. Control weight:**  
Helps burn calories and maintain a healthy weight.

**5. Strengthens the immune system:**  
Increases the body's ability to fight diseases.

The infographic features a teal background with white and light green accents. At the top right, a woman in a red top and purple pants stands with a blue bag. Below the title, five illustrations show different exercises: a man jumping rope, a man with a barbell, a man with a dumbbell, a woman with a kettlebell, and a woman with dumbbells. Each illustration is paired with a numbered benefit in a light green speech bubble.



# ONE HEALTH: Highly Pathogenic Avian Influenza (HPAI)

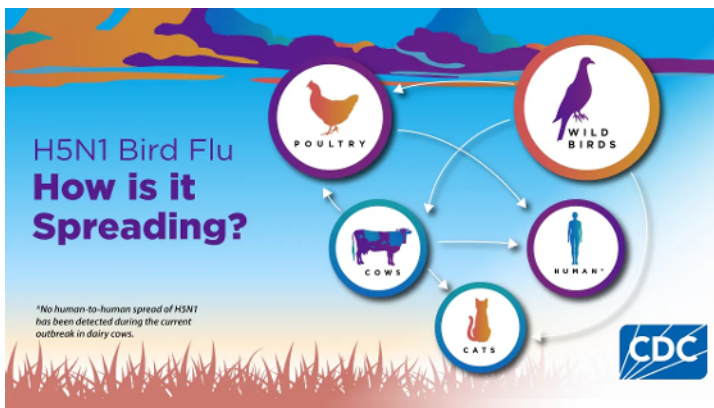
Bird Flu: It's in the news. Some people seem concerned. I'm not a bird. Should I care? What's the big deal about bird flu? To answer that we need to look a little deeper into what 'bird flu' actually is.

Avian Influenza is caused by what's called type A viruses. These viruses each contain 2 proteins, hemagglutinin (HA) and neuraminidase (NA). There are 18 HA subtypes and 11 NA subtypes. Don't zone out on me yet-that's the most sciencey science in the article. Currently, only 2 of the possible combinations are circulating in people, H1N1 and H3N2, and our annual flu vaccines typically target these variants, among others. Some variants of avian influenza are considered highly pathogenic (HPAI), H5N1 for example. The highly pathogenic designation is used to describe the virus's potential to kill chickens.

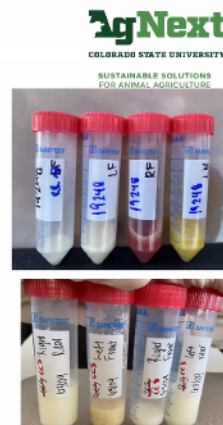
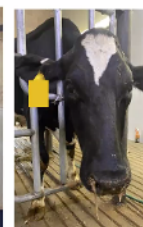
Although worldwide cases of HPAI have been reported, they rarely affect humans. Typically this virus is seen in birds and other mammals. The United States is currently experiencing an outbreak of HPAI H5N1, which appeared in late 2021. The following are current CDC data:

- **10,718** wild birds detected as of 12/10/2024
- **51** jurisdictions with bird flu in wild birds
- **120,572,146** poultry affected as of 12/10/2024
- **49** states with outbreaks in poultry
- **742** dairy herds affected as of 12/10/2024
- **16** states with outbreaks in dairy cows

Infected animals can be symptomatic or asymptomatic. Cows often show nasal discharge and abnormal milk coloration. Infected poultry often die or flocks are culled while cows can typically recover. Transmission from farm animals to domestic and wild animals has been shown, and transmission to humans from animals is possible.



## HPAI Clinical Signs



The first known human transmission of this virus occurred in Hong Kong in 1997. As of this writing, there are currently 61 confirmed human cases in the US, with most being tied to direct contact with infected cattle and poultry. The virus can be inhaled or enter through the eyes, nose, or mouth. Raw, unpasteurized milk can also contain infectious virus and has been linked to farm cat death. The jump from poultry to cattle is not uncommon, but transmission to humans has been extremely limited, with no evidence of human to human transmission. But, could that change?

Viruses mutate. They undergo replication, and sometimes during that process, a mistake is made. Now, the HA needs particular receptors to latch onto to cause infection, and humans lack that receptor. If the virus mutates, the mutation may change the virus's ability to attach to human receptors. This possibility is why scientists are closely watching the development of the H5N1 outbreak.

So, what can you do?

- Report any death or disease of your flocks/ to livestock to state officials
- Monitor yourself and your employees for flu like symptoms after exposure to poultry or cattle
- Avoid contact with wild birds, even if they don't look sick
- Report sick or dead wildlife to Indiana DNR  
<https://www.in.gov/dnr/fish-and-wildlife/wildlife-resources/wildlife-diseases-in-indiana/sick-or-dead-wildlife-reporting/>
- Only drink pasteurized milk. Studies have shown to date that pasteurization kills infectious virus

It's important to remember that the risk to the public is LOW.

References and for more information:

<https://www.cdc.gov/bird-flu/situation-summary/index.html>

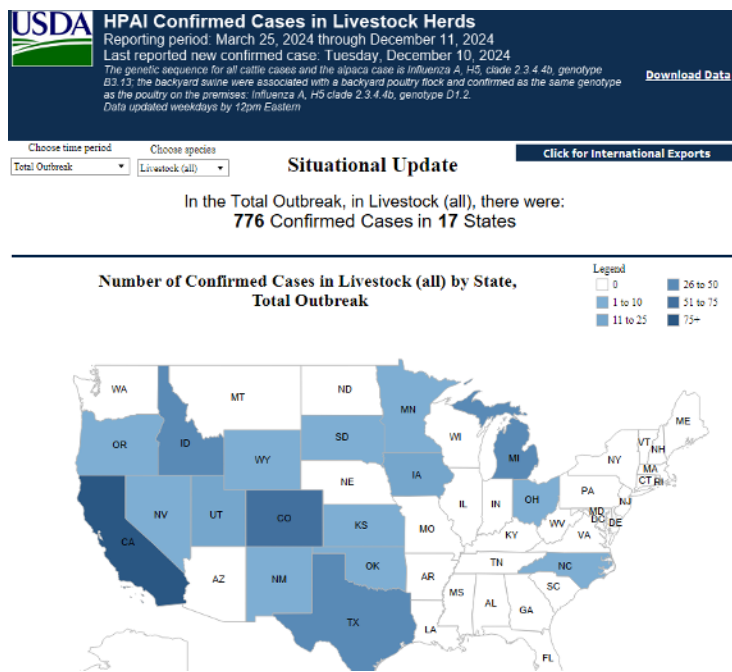
<https://www.aphis.usda.gov/livestock-poultry-disease/avian/avian-influenza/hpai-livestock>

<https://www.fda.gov/food/alerts-advisories-safety-information/investigation-avian-influenza-h5n1-virus-dairy-cattle>

<https://www.cdc.gov/bird-flu/spotlights/h5n1-response-12092024.html>

<https://www.aphis.usda.gov/livestock-poultry-disease/avian/defend-the-flock>

<https://www.aphis.usda.gov/livestock-poultry-disease/avian/avian-influenza/hpai-detections/hpai-confirmed-cases-livestock>



# MENTAL HEALTH: BRAINGAMES

## WORDSEARCH

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

RESOLUTION  
 KINDNESS  
 HEALTHY  
 DETERMINATION  
 HABITS  
 EXERCISE  
 VEGETABLES  
 SAVINGS  
 REJUVENATION  
 HOBBIES

## WORD SCRAMBLE



ORTACR  
 LCEYER  
 ECETTLU  
 APTTOO  
 ETYBRAWSTR  
 NOOIN  
 ASGSUARPA  
 NCPIHAS  
 UNICCIHZ  
 OEGMPRTNEAA

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## Restaurant and Staff Characteristics Related to Practices that Could Contribute to Cross-Contamination

E.Rickamer Hoover, Matthew Masters, Jona Johnson, Wendy McKelvey, Nicole Hedeem, Danny Ripley, Laura Brown

### Abstract

Foodborne illness is a persistent public health concern in the U.S. Over 800 foodborne illness outbreaks are reported to the Centers for Disease Control and Prevention (CDC) annually. Most of these outbreaks (60%) are linked with restaurants. Contamination of food with foodborne pathogens during preparation and storage is a significant contributing factor to many of these outbreaks. The CDC's Environmental Health Specialists Network (EHS-Net) collected data to identify restaurant characteristics, policies, and practices associated with contamination prevention practices. Data collectors interviewed managers and conducted kitchen observations in 312 restaurants across six EHS-Net sites in five states. Data collectors observed at least one food worker action that could lead to contamination in 63.1% of restaurants. The most frequently observed action that could lead to contamination was bare-hand or dirty glove contact with ready-to-eat food (35.9%). The estimated mean number of observed potential contamination actions was greater in restaurants that were independently owned (does not share a name and operations with other restaurants), did not require managers to be certified in food safety, did not have workers trained in food safety, did not have a handwashing policy, did not have a policy minimizing bare-hand contact with ready-to-eat foods, and had a manager with more than two years of experience at their current restaurant. These results suggest that to improve contamination prevention, the foodservice industry and food safety officials can consider supporting and encouraging strong food safety training and policies, particularly concerning hand hygiene, and targeting interventions to independent restaurants.

### Word Scramble

CARROT \_\_\_\_\_  
CELERY \_\_\_\_\_  
LETTUCE \_\_\_\_\_  
POTATO \_\_\_\_\_  
STRAWBERRY \_\_\_\_\_  
ONION \_\_\_\_\_  
ASPARAGUS \_\_\_\_\_  
SPINACH \_\_\_\_\_  
ZUCCHINI \_\_\_\_\_  
POMEGRANATE \_\_\_\_\_

<https://www.sciencedirect.com/science/article/pii/S0362028X23068667>

Hoover, E. Rickamer, et al. "Restaurant and Staff Characteristics Related to Practices that Could Contribute to Cross-Contamination." *Journal of Food Protection* 86.12 (2023): 100182..

#### Administration/Vital Records/Environmental

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#### Public Health Nurse

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Phone 812-283-2459

#### HIV/STD Program Office

Phone 812-288-2706

#### Office Hours

Monday - Friday:

8:30 am - 4:30 pm

Saturday - CLOSED

Sunday - CLOSED

**Public Health**  
Prevent. Promote. Protect.

**Clark County Health Department**