

# For the Health of It

## Clark County Health Department

January 1, 2021

## NOTABLE NEWS

### COVID NEWS

The Clark County Health Department continues to partner with Clark Memorial Health on the COVID-19 Community Testing site at 1806 E. 10<sup>th</sup> Street, as well as, with LifeSpring Health System on the Mobile COVID-19 Community Testing site that travels to Charlestown two days a week, CASI two days a week and works out of the health department parking lot two days a week. A huge thank you to the Indiana Department of Health who worked tirelessly to bring on more labs to process COVID-19 test samples and greatly reduced the turnaround time on receiving test results.

The health department, alongside Clark County Emergency Management, is immersed in planning for a mass vaccination clinic to open in the coming weeks, likely, at a former retailer in the Town of Clarksville. We are recruiting medical and non-medical volunteers to work what will likely be a seven day per week operation. How many persons we are able to vaccinate any given day or week will be dependent on how much vaccine comes down from the Federal level, to the State and on down to the county level. This is a fluid situation and we await additional information from the State Department of Health and look ahead to serving the Clark County community in this manner.

As always, keep an eye to social media for updates from the Clark County Health Department.

VOLUME 4  
ISSUE 1

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## THANK YOU!

Many thanks to Caesar's Foundation of Floyd County for their generous allocation to the Hoosier Hills AIDS Coalition. Their gift will help provide housing, food, and utilities to people living with HIV/AIDS in Floyd County.



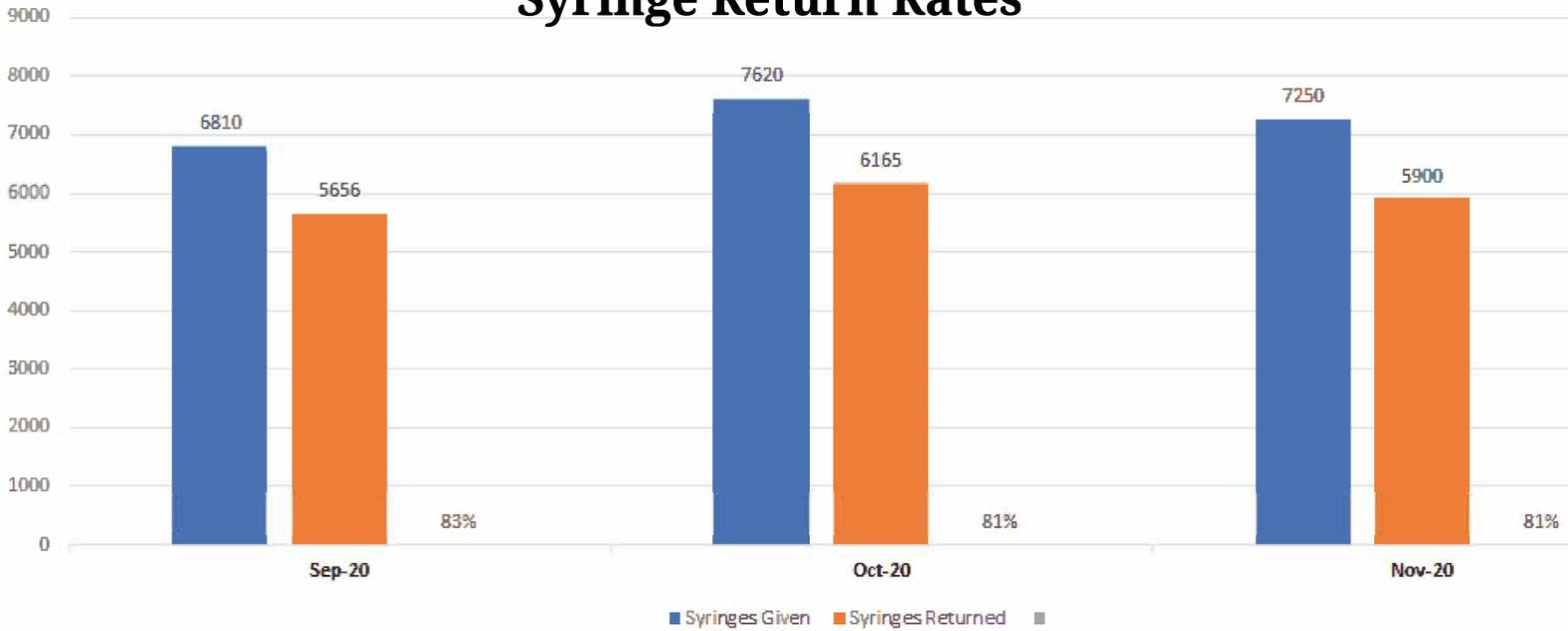
# SYRINGE SERVICES PROGRAM DATA

Syringe return rates based on the number of syringes given out and the number of used syringes returned. This program offers members an opportunity to receive clean, new syringes and other harm reduction and wound care supplies in exchange for returning their used syringes for proper disposal.

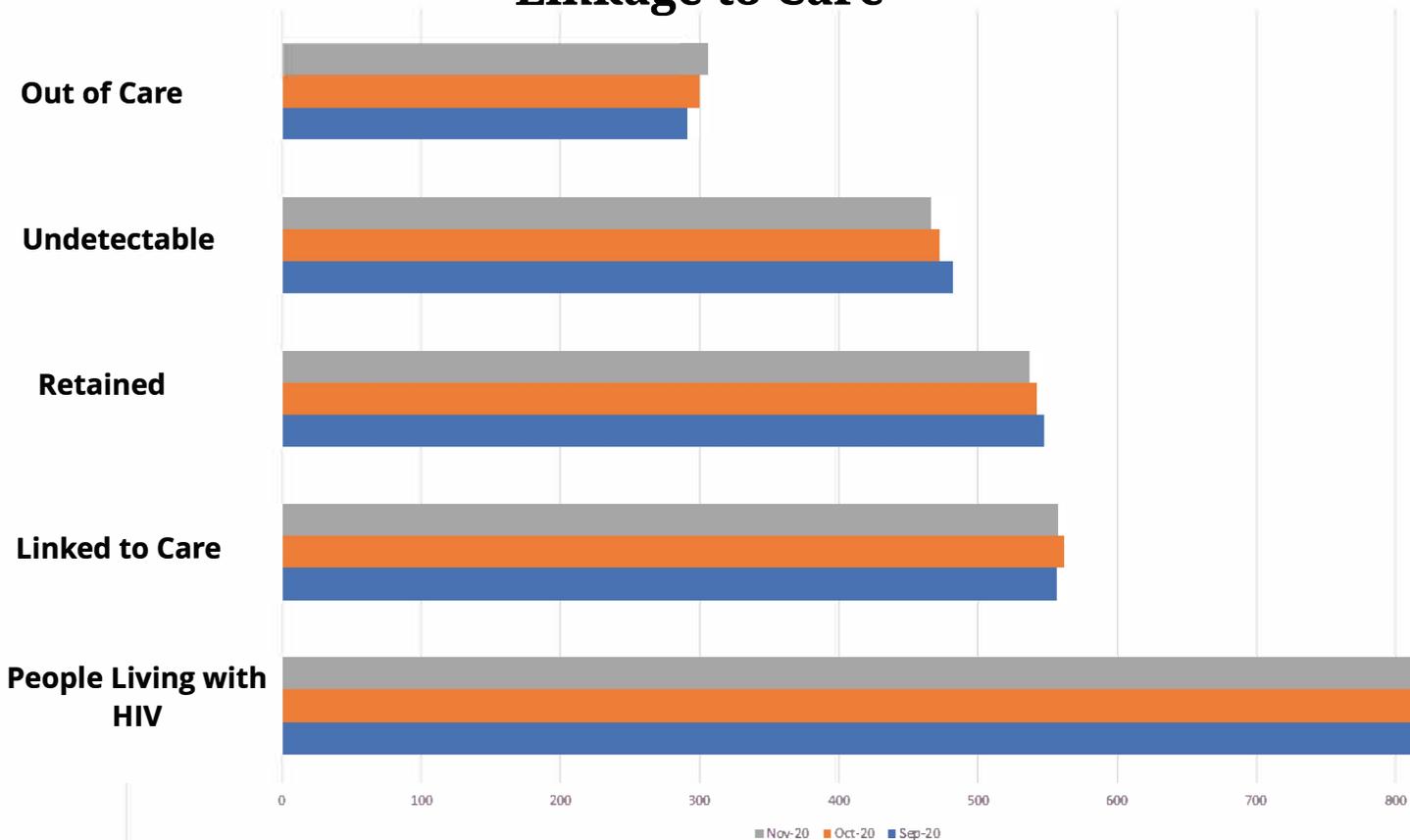
Linkage to care numbers are based on the number of people living with HIV who are in care and medication compliant. This program aims to link individuals without a recorded viral load within the last 365 days to the care needed to obtain an undetectable viral load.

For More information: <https://clarkhealth.net/index.php/addiction/syringe-exchange>

## Syringe Return Rates



## Linkage to Care



# JANUARY IS NATIONAL RADON ACTION MONTH



## 2021 Indiana Radon Poster Contest

### Opportunity for Students

Radon is a colorless, odorless, tasteless, radioactive gas produced by the natural decay of uranium in the soil. Exposure to elevated radon levels increases the risk of developing lung cancer. Radon is the second leading cause of lung cancer. Approximately 1 in 3 homes tested have radon levels at or above the EPA action level of 4.0 pCi/L in Indiana. By participating in this activity, students will learn about radon and how to reduce their risk of exposure.

In order to spread the message about radon's health hazards, the Indiana State Department of Health along with the American Lung Association, host a statewide **Indiana Radon Poster Contest**. We are calling on Indiana citizens **ages 9-14** to create a radon poster that will increase public awareness of radon gas and encourage other Hoosiers to test their homes.

#### Awards

**1<sup>st</sup> place winner will receive \$250 +\$250 for the school**

**2<sup>nd</sup> place winner will receive \$150**

**3<sup>rd</sup> place winner will receive \$100**

**School with most entries will receive \$250**

If you have questions about the radon poster contest, please contact the Indiana Radon Hotline at 1-800-272-9723 or e-mail [PosterContest@Lung.org](mailto:PosterContest@Lung.org).

#### Contest Checklist:

- ✓ Each poster has an entry form completed and attached to back of each poster.
- ✓ All information and spelling on each poster is correct
- ✓ Entries are postmarked on or before March 5, 2021
- \*\* IF you need an extension due to COVID-19 please email [PosterContest@Lung.org](mailto:PosterContest@Lung.org)**
- ✓ Entries are mailed to:

American Lung Association  
Attn: IN Radon Poster Contest  
3000 Kelly Lane  
Springfield, IL 62711



# PREVENTING A KILLER

## Preiving Colorectal Cancer



My dad was diagnosed with Stage III colorectal cancer at the age of 53. After a nearly five-year battle with recurrence, multiple surgeries, chemotherapy and radiation, he died at the age of 58. Yet through it all, my dad was *relentless* that if he would not survive cancer, his experience could help others not travel down the same road. My story begins here.

I was screened for colorectal cancer for the first time at the age of 29, two months after he died. The doctor removed two precancerous polyps and told me that, had I waited for symptoms or until the recommended screening age (then 50), I would have had late-stage cancer. I was terrified. But my dad often quoted RAF pilots in World War I, who the legends say shouted, "We live for today, for tomorrow we die."

Tomorrow we die. Hopefully not, but nothing in life is certain. Those are the stakes of living. But I know this - a bus might take me by surprise, but colorectal cancer will not. I'm on a screening schedule.

**The new recommended screening age is 45, but you might need to be screened sooner based on family history, personal risks, or symptoms.**



You should know that people born after 1990 have double the risk of developing colon cancer and quadruple the risk of developing rectal cancer. My dad would want you to educate yourself. Learn your family history. You are your own most powerful advocate and saving your life might be as easy as reading this story. I hope it does and I hope you do.

### SYMPTOMS OF COLORECTAL CANCER

- A change in bowel habits: diarrhea, constipation, or narrowing of the stool, that lasts for more than a few days
- A feeling that you need to have a bowel movement that's not relieved by having one
- Rectal bleeding with bright red blood
- Blood in the stool, which might make the stool look dark brown or black
- Cramping or abdominal (belly) pain
- Weakness and fatigue
- Unintended weight loss

**If you are having symptoms, speak to your doctor ASAP.**

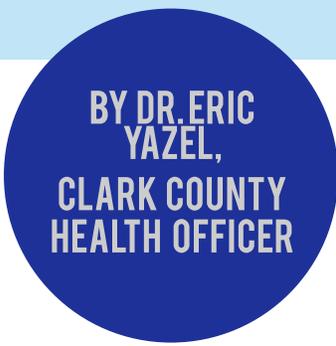
Katie Pilkington is a writer and graphic designer who has made it her mission that you don't get colorectal cancer. She works closely with Kentucky-based advocacy and education group, The Colon Cancer Prevention Project.

She writes about grief, motherhood, and absurd adulting at [thenestedblog.com](http://thenestedblog.com)

 Colon Cancer  
Prevention Project  
[www.KickingButt.org](http://www.KickingButt.org)



# Dose of Truth



Hope everyone had a great Holiday and took some time for family and to decompress a little bit. It's been a long year for all of us. However, there is some light at the end of the tunnel. The vaccine is here. If you work in healthcare, you have probably already been offered it, or will be soon. For others, your opportunity will be coming soon. I'm sure it creates some anxiety for some of you, and, I'll be honest, there are some unknowns. COVID-19 is a new virus, so any vaccine will obviously be new as well. I understand that deciding to get the vaccine is a personal decision and I respect that. What I do want to encourage is that you do your own research. But ensure the information you use is balanced and reliable.



Obviously I am biased, but we really do work extremely hard at the Health Department to be transparent, and work hard to provide reliable information and education. I work in the Emergency Department. I've seen the damage that COVID can do first hand. I can only imagine the heartbreak of seeing someone who chose not to get the vaccine due to false information, only to get very sick down the road. Keep an open mind, read the info with a critical eye, and make a quality informed decision. In addition, remember this isn't only about you. It's about your family and loved ones. You may be thinking, "Hey, I'm young and healthy, I'll do fine with COVID, so why get the vaccine?". And you are right, you will do fine most likely. But your co-worker with multiple medical problems, your grandma in the nursing home, your aunt with cancer, may not. Nobody wants that on their conscience.

I'm 3 weeks out from my first vaccine dose. I have had zero side effects. I get #2 very soon and can hopefully put COVID-19 in the rear-view mirror. I cannot recommend more highly that you do the same when your time comes. Thank you and be safe!



2311 Sam Gwin Dr.,  
Clarksville

**ISDH OPTUM  
COVID-19 TEST  
SITE: WALK-IN**

**Tue-Sat: 8:00 AM - 8:00 PM**

Registration for testing at an ISDH/Optum site is **REQUIRED**:  
<https://lhi.care/covidtesting> or by phone at 888-634-1118.

- Hoosiers will not be charged for testing and insurance is not required. If you have private health insurance, please bring that information with you.
- Please wear a mask at all times. No mask, no entry.
- Results for COVID-19 tests performed at ISDH/Optum sites will be sent by text or email, depending on the option selected at registration.

**SCAN  
HERE!**



**Blood Drive**

**Clark County Health Department**

Red Cross Bus  
1201 Wall St.  
Jeffersonville, IN 47130

**Tuesday, January 5, 2021  
11:00 a.m. to 4:00 p.m.**

Please call 1-800-RED CROSS or visit [RedCrossBlood.org](http://RedCrossBlood.org) and enter: CCH to schedule an appointment.



**American  
Red Cross**

1806 10TH ST.,  
JEFFERSONVILLE

**COMMUNITY  
COVID-19 TESTING  
SITE: WALK-IN**

**M,W,F: 8:00 AM - 5:00 PM  
T, Th 10 AM - 7:00 PM**



**CCHD MOBILE UNIT:  
DRIVE -UP**

Hours Vary-See registration link

Appointments are **REQUIRED**

- Register at <https://scheduling.coronavirus.in.gov/Home/LocationSelection>

**SCAN  
HERE!**



**Public Health**  
Prevent. Promote. Protect.  
Clark County Health Department

**JANUARY IS  
NATIONAL  
STALKING  
AWARENESS  
MONTH**

Though millions of men and women are stalked every year in the United States, the crime of stalking is often

misunderstood, minimized and/or ignored.

Stalking is a pattern of behavior directed at a specific person that causes fear. Many stalking victims experience being followed, approached and/or threatened – including through technology. Stalking is a terrifying and psychologically harmful crime in its own right as well as a predictor of potentially lethal violence: 1 in 5 stalkers use weapons to threaten or harm victims, and stalking increased the risk of intimate partner homicide by three times.

We all have a role to play in identifying stalking and supporting victims and survivors. Learn more at [www.stalkingawareness.org](http://www.stalkingawareness.org)

**FEBRUARY 14TH  
BEGINS  
NATIONAL  
CONDOM WEEK!**

From February 14-21 we celebrate National Condom Week; the perfect reason to talk to those around you about the importance of using

condoms to prevent both STIs and unplanned pregnancies. Because only internal or external condoms protect from both. When used correctly, condoms are 98% effective.

For more info:

<https://powertodecide.org>

<https://www.ashasexualhealth.org>



# ANIMAL HEALTH IS PUBLIC HEALTH:

Animal Health and welfare can directly and indirectly affect human health. This is especially the case in farming of animals for food.

Welfare can include both physical and mental aspects. For example, in cattle, starvation in the first trimester can result in increased blood pressure and decreased ovarian reserves in calves. In the second trimester, poor nutrition can result in calves gaining less weight across their lifetime. Even after birth, stress can influence the nutrition animals receive from their mother which can affect their immunity. Dairy cattle experiencing heat stress during gestation produced fewer antibodies in colostrum and produced one gallon less milk per day.

When it comes to animal health and diseases in animals, The CDC has stated that: "...3 out of every 4 new or emerging infectious diseases in people come from animals." These include viruses, bacteria, fungi and parasites, and they infect millions of U.S. citizens every year.

Some scientists believe that the outbreak of H1N1 was caused by overcrowding of pigs on factory farms and the storage of their waste in giant manure lagoons. A study by Poljak et al. (2008) indicates that swine flu is likely to be more prevalent in larger farms with higher pig densities utilizing more intensive farming practices (factory farms).

On large factory farms, there has been widespread use of antibiotics. Some farming operations just distribute antibiotics to all of their animals as a preventative measure, often adding it to feed and water. Farmers also discovered that giving animals a regular dose of antibiotics made them gain weight faster (fda.gov).

Wondimu et al. (2019) found that coccidiosis levels were higher in farms with reduced hygiene practices. Coccidiosis is a common and economically important disease of chicken caused by a parasite. "Almost all commercial, intensively farmed flocks are administered anti-coccidial drugs prophylactically" (Poultryhub.org). If you want some of the not so pleasant details on that, check out "Anticoccidial drugs of the livestock industry" Noack et al. 2019. (<https://link.springer.com/article/10.1007/s00436-019-06343-5>).

With the increased use of antibiotics, zoonotic diseases such as campylobacteriosis and salmonellosis, continue to build antimicrobial resistance, according to the European Centre for Disease Prevention and Control (ECDC) and European Food Safety Authority (EFSA). They say, resistance to certain antibiotics is so high in campylobacter bacteria in some countries, they no longer work for the treatment of severe cases.

Considering that more crowded conditions can lead to more disease, factory farms are a health concern. Fortunately, vaccines have revolutionized global human health as well as farm animal health. Have you ever thought about how many vaccines farm pigs get? This chart from The Pig site shows available pig vaccinations. However, vaccination alone will not guarantee a healthy animal. In order for a vaccine to work, the animal's immune system must be able to respond to it, and for an immune system to respond, an animal must receive proper nutrition. Proper nutrition includes energy and protein as well as mineral supplementation.

<b>MAJOR VIRUS DISEASES THAT MAY BE CONTROLLED BY VACCINATION +</b>
Aujeszky's disease
Foot-and-mouth disease
Porcine parvovirus
PRRS
Swine fever
Swine influenza
TGE
<b>BACTERIAL DISEASES THAT MAY BE CONTROLLED BY VACCINATION +</b>
Any bacterial disease by <u>autogenous</u> vaccines, e.g. greasy pig disease
Actinobacillus pleuropneumonia
Atrophic rhinitis
<u>Clostridial</u> diseases
E. coli diarrhoea
Enzootic pneumonia
Erysipelas
Glässers disease ( <i>Haemophilus parasuis</i> )
Leptospirosis
<u>Pasteurellosis</u>
Streptococcal meningitis

+ The availability of vaccines varies from country to country. (Fig. 3-5)

Vaccines can help limit the spread of certain diseases on farms and reduce their prevalence. For example, *Salmonella* that birds can carry can be addressed by vaccines as well as waste and water management. Since 2010, the poultry industry has rapidly increased its use of vaccines, which along with improved farm hygiene practices and better quality feed, has helped reduce contamination and human illnesses caused by *Salmonella typhimurium* and *heidelbergin* the U.S. Again, we are talking about improving animal welfare and living conditions in order to positively impact human health. We are all interconnected.

Animal disease outbreaks also have an economic impact due to human illness, vaccination cost, animal slaughters, and disease eradication efforts. For example, PRRSV, a virus that causes stillborn piglets, costs U.S. farmers an estimated \$600 million per year. Animal illness with human health implications can adversely impact public health, global trade, and the stability of the agricultural economy. Healthy animals are more likely to result in:

- Safer food supplies
- Higher farm productivity
- Reduced use of antibiotics
- Improved animal well-being



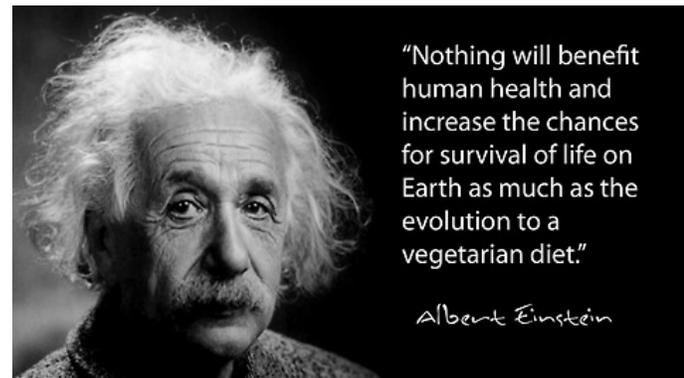
Improving animal welfare will improve human health. Support your small local farmers who may farm more humanely than larger factory farms. Or better yet, increase your consumption of a plant based diet. Plant based diets directly improve animal welfare (duh!); but, in addition to animal welfare benefits, there are both human health and environmental benefits. Studies carried out by researchers in Australia show that over 20 times more fresh water is required to produce animal products compared to the same weight of plant products (check out [waterfootprint.org](http://waterfootprint.org)). Scientists say 95% of our calories must be obtained from plant-based foods by 2050 in order to avoid what they call 'catastrophic food and water shortages', stating that even just 5% animal-based foods would be a challenge to maintain globally. (Source: *Stockholm International Water Institute's 2012 World Water Week Report – Feeding a thirsty world*). This is due to the estimate that over 1/2 of U.S. and nearly 1/3 of total global freshwater consumption is used just for animal agriculture.

People who eat plant-based lower their risk of type 2 diabetes, cardiovascular disease, certain cancers, high cholesterol and high blood pressure (more info at [www.heart.org](http://www.heart.org)). Incorporating more plant based nutrition can also decrease or eliminate the amounts of pharmaceutical medications some may take. Stay healthy, save money, save the environment. What more can you ask for?

More info:

Plant-Based Diets Are Associated With a Lower Incident Cardiovascular Disease, Cardiovascular Disease Mortality, and All-Cause Mortality in a General Population of Middle-Aged Adults  
Hyunju Kim, et al.

Tuso PJ, Ismail MH, Ha BP, Bartolotto C. Nutritional update for physicians: plant-based diets. *Perm J*. 2013;17(2):61-66. doi:10.7812/TPP/12-085



[https://www.wellbeingintlstudiesrepository.org/cgi/viewcontent.cgi?article=1035&context=acwp\\_faafp](https://www.wellbeingintlstudiesrepository.org/cgi/viewcontent.cgi?article=1035&context=acwp_faafp)

[www.ncbi.nlm.nih.gov/pmc/articles/PMC4370696/#:~:text=The%20negative%20effects%20associated%20with,cryptosporidiosis%20and%20brucellosis%2C%20development%20of](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4370696/#:~:text=The%20negative%20effects%20associated%20with,cryptosporidiosis%20and%20brucellosis%2C%20development%20of)

<https://www.fda.gov/consumers/consumer-updates/phasing-out-certain-antibiotic-use-farm-animals>

<https://www.hindawi.com/journals/vmi/2019/5748690/>

### January 5 National Bird Day

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

conservation

woodpecker

cardinal

welfare

vulture

parrot

eagle

avian

mockingbird

finch

Questions:

1. I am an odd number. If you take away one letter from me I become even. What am I?
2. There was an airplane crash, and every single person on board dies. But two people survived. How could this be?
3. A sundial has the fewest moving parts of any timepiece. What has the most?

BRAINTEASER

Answers :

1. Seven.

2. The two were married

3. An hourglass with thousands of grains of sand.

# SCIENCE SPOTLIGHT

## Recent aspects of the effects of zinc on human health

Christos T. Chasapis, Panagoula-Stamatina A. Ntoupa, Chara A. Spiliopoulou & Maria E. Stefanidou

Zinc is an essential nutrient and used in many biological functions of the human body. Chaspis et al. outline the importance of this nutrient, and go over some of the most prominent roles, including the trace mineral's link to cancer, cardiovascular disease, aging, and neurological effects. Zinc also is involved in regulation of immunity and growth, adipose tissue regulation, inflammation reduction, and DNA modification.

The researchers discuss Zinc deficiencies related to both eating disorders and specific diets (veganism), as well as gastrointestinal illnesses. It is believed that 17% of the global population may have a zinc deficiency.

In addition to supplements, Zinc can be found in oysters, meat products, grains, legumes and dairy. Dietary intake of Zinc has been established at 11 mg/day for men and 8 mg/day for women. You can get too much zinc, so even though it is important for your biological functions, be sure to check with your doctor before adding any new supplements to your diet.

This paper is a thorough review of the many roles Zinc plays in your well-being.

## Calendar

**Due to the ongoing and ever changing situation of the current COVID-19 pandemic, all events are subject to cancellation or postponement. Please call ahead to confirm all events.**

Chasapis, Christos T., et al. "Recent aspects of the effects of zinc on human health." *Archives of Toxicology* (2020): 1-18.

<https://link.springer.com/article/10.1007/s00204-020-02702-9>

For more info: <https://ods.od.nih.gov/factsheets/Zinc-HealthProfessional/>

**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**

