

# For the Health of It

## Clark County Health Department

July 1, 2021

VOLUME 4  
ISSUE 3

## NOTABLE NEWS

### CLARK COUNTY HEALTH OFFICER

The Clark County Health Board unanimously recommended the reappointment of Dr. Eric Yazel to the Clark County Commissioners for a term of 4 years. The board reviewed his accomplishments and his commitment to public health in Clark County for the last four years. The positive feedback from the community regarding his and the department efforts during the COVID-19 pandemic and in consideration of many other successful public health initiatives prompted the overwhelming support for his reappointment. The Clark County Commissioners agreed and confirmed this reappointment on June 24, 2021.

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### CCHD MASS VACCINATION SITE

The CCHD Mass Vaccine site located on Lewis & Clark Parkway will close at the end of June. We want to thank the Town of Clarksville for generously donating the facility to CCHD to ensure vaccine access for all in Clark County. COVID-19 vaccines will now be offered during normal business hours and also during extended hours at the health department beginning in July. We will also be offering vaccines at fairs, large events, and for employers encouraging vaccinations at their facilities. Please call our office to schedule a clinic at your facility or event.





# Zero Emissions Day on September 21

The Global 24 hour Moratorium on the use of **Fossil Fuels**

## Four best ways to reduce the carbon footprint from your food

- 1 Eat less meat and animal products
- 2 Eat seasonally
- 3 Reduce food waste
- 4 Avoid air-freighted foods

SWITCH OFF THE LIGHTS

TAKE THE STAIRS

AC ON? SHUT THE WINDOWS

TAKE SHORTER SHOWERS

POWER DOWN LAPTOP

UNPLUG ELECTRONICS NOT IN USE

KEEP ROOM TEMP MODERATE

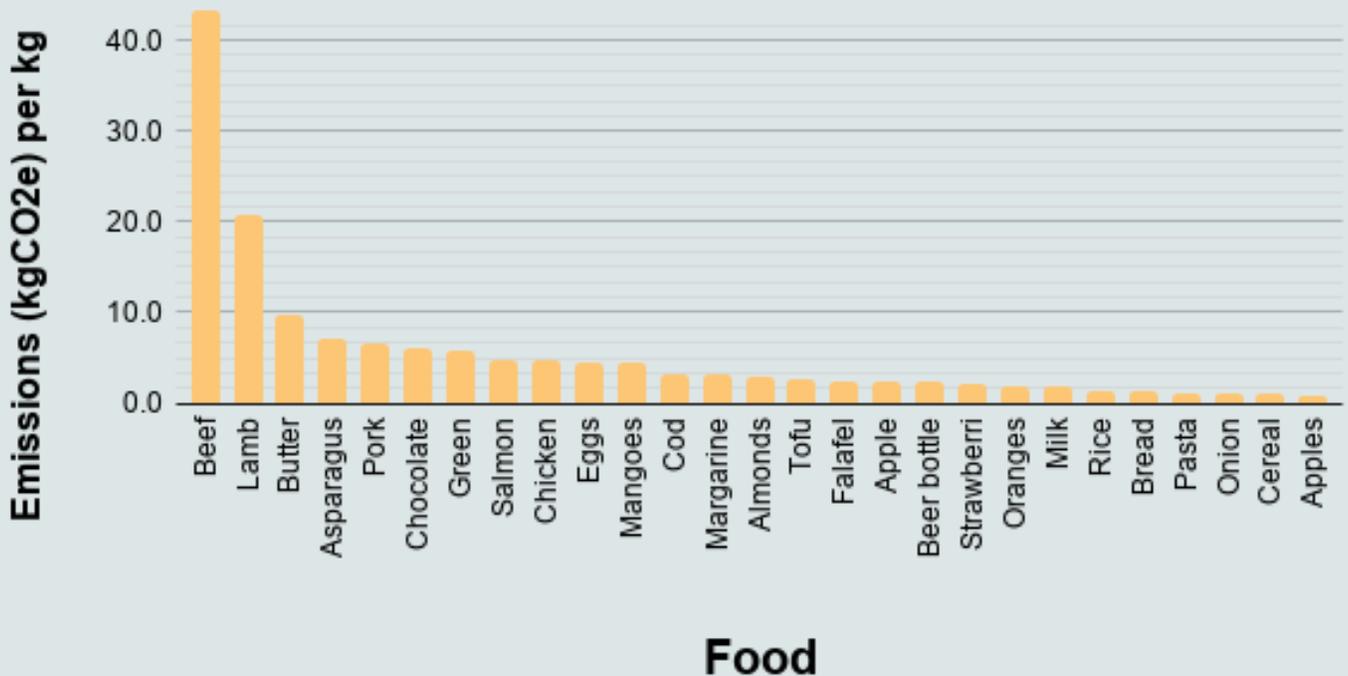
DO FULL LOADS OF LAUNDRY

In Cold Water

USE FEWER OR SHARE APPLIANCES

SWITCH TO LED BULBS

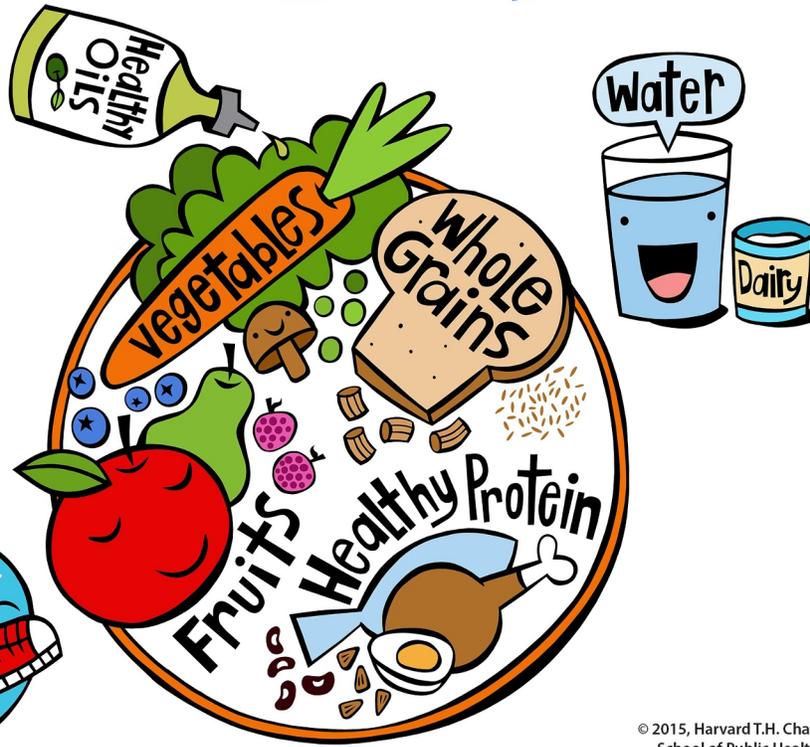
## Average emissions per kg food



HEALTHY KIDS, HEALTHY FUTURE!  
NURTURE HEALTHY EATERS

# Kid's Healthy Eating Plate

SEPTEMBER  
IS CHILDHOOD  
OBESITY  
AWARENESS  
MONTH



© 2015, Harvard T.H. Chan School of Public Health

Are you stuck in a rut with what your child is willing to eat? Try these strategies to incorporate new and healthy foods!

- Your child can only choose what is in the home.



Make healthy foods the family norm.

- Make healthy options convenient. Pre-cut and pre-portion individual servings to make it easy to grab and go.
- Make healthy foods visually appealing or make it fun!
- Get children involved in the kitchen.
- Give them options. Children are more likely to cooperate when they feel like they were able to make the decision.
- Make sure everyone is on the same page- all caregivers should be promoting healthy options.

For more info and tips:

<https://www.helpguide.org/articles/healthy-eating/healthy-food-for-kids.htm>

<https://healthykidshealthyfuture.org/5-healthy-goals/nurture-healthy-eaters/>

Recipe ideas here:

<https://www.superhealthykids.com/recipes/>

Interesting recent finding:

"Researchers found that when health workers were trained to promote infant healthy feeding practices to pregnant women their children consumed less fats and carbohydrates at 3 years of age and had lower measures of body fat at the age of 6. The study is the first to show that the roots for obesity start in the first year of life, after mothers stop breastfeeding. The findings are published online in the *Journal of Human Nutrition and Dietetics*."<sup>1</sup>

<https://www.sciencedaily.com/releases/2021/06/210601135806.htm>

1. Caroline N. Sangalli, Paula S. Leffa, Júlia L. Valmórbida, L. H. Lumey, Márcia R. Vitolo. Impact of promoting healthy infant feeding practices on energy intake and anthropometric measures of children up to 6 years of age: A randomised controlled trial. *Journal of Human Nutrition and Dietetics*, 2021; DOI:10.1111/jhn.12881

# August: National Breastfeeding Month

Breastfeeding is commonly found as a headline globally in news and science, and it is no wonder why. Breastfeeding is known to protect against the development of type 1 diabetes in adolescents and adults, as well as type 2 diabetes in adults <sup>(2)</sup>. Breastfeeding has been linked to higher neurocognitive testing scores in breastfed children, especially those breastfed more than 12 months <sup>(6)</sup>. Mothers who breastfeed generally experience reduced rates of ovarian cancer, reduced premenopausal breast cancer, and reduced obesity, type 2 diabetes and heart disease <sup>(2)</sup>. Breast milk is considered important for the immunological, cognitive, and nutritional development of infants, and is known to produce long-term benefits to mothers, but breastfeeding continues to be a controversial topic amongst the U.S. population.

The Center for Disease Control's (CDC) National Center for Immunizations and Respiratory Diseases (NCIRD) conducted the National Immunization Survey (NIS) annually via cellular telephone survey questioning beginning in 2011<sup>(3)</sup>. According to the data collected from this survey, the percentage of U.S. Children who were breastfed exclusively through the first 3 months of life, increased from 37.1% in

exclusively breastfed for the first 6 months of life <sup>(3)</sup>. With the proverbial curtain already having been torn away to reveal an outstanding amount of benefits associated with breastfeeding, why don't all women breastfeed?



Many challenges are associated with breastfeeding, including personal, physical, and emotional struggles <sup>(4)</sup>. Women are often found to cease breastfeeding for reasons such as sore nipples, inadequate milk supplementation, and difficulties with the

infant receiving milk <sup>(1)</sup>. As if the existing challenges did not weigh enough, women are often faced with the obstacle of breastfeeding in public <sup>(4)</sup> as well as in the workplace. In fact, breastfeeding has been found to be more common amongst women who are older

and more affluent than those who are poorer and younger <sup>(5)</sup> suggesting breastfeeding cessation can be pinned to the hustle and bustle of being a mom with one job or more. Research has determined that extensive breastfeeding support and education after delivery would increase the likelihood of women initiating breastfeeding and it is speculated that programs offered at state, local, and community levels would be more likely to influence new mothers to continue breastfeeding past the initial 10 weeks <sup>(8)</sup>. In fact, there are many resources available to those who wish to breastfeed or provide breast milk to their newborn infant.

**It is legal to breastfeed in public in all 50 states!**

## BREASTFEEDING PEER COUNSELORS

An advertisement for Indiana WIC Breastfeeding Peer Counselors. It features a photograph of a woman breastfeeding her baby. The text includes: "Mom-to-Mom Support", "BREASTFEEDING KNOW HOW", "PUMPS & SUPPLIES", "24-HOUR SUPPORT", "PEER-BASED", "Contact us 800-522-0874", and "WIC.in.gov". The Indiana WIC logo is also present.

*Mom-to-Mom Support*  
BREASTFEEDING KNOW HOW  
PUMPS & SUPPLIES  
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WIC.in.gov

2010 to 46.9% in 2017. However, those who were breastfed exclusively through the first 6 months of life were found to be 17.2% in 2010 and 25.6% in 2017 <sup>(3)</sup>. Although there appears to be an increase in breastfeeding regularly, both American Academy of Pediatrics and WHO recommends that **all** infants be



The Indiana Department of Health (IDOH) provides extensive resources and services for new mothers attempting to breastfeed including Board Certified Lactation Consultants and Peer Counselors, breastfeeding assessments and classes, and assistance with breast pump cleaning <sup>(11)</sup>. In addition, the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) supports breastfeeding so much so that exclusively breastfeeding moms receive the largest food packages available on the WIC programs <sup>(11)</sup>. All of the WIC sources and services are free and available to mothers and their infants on the WIC program <sup>(11)</sup>.

health care providers are more likely to initiate breastfeeding and are more likely to be reinforced in their decision to continue breastfeeding throughout postpartum <sup>(8)</sup>. If you or someone you know is struggling to breastfeed or is struggling to make the decision to breastfeed, please consider reaching out to your primary care provider.



*Mobilizing the Healing Power of Donor Milk*

The Human Milk Banking Association of North America (HMBANA) was established in 1985 and accepts donated breast milk from mothers throughout North America with the goal of being able to provide donor milk as a universal standard of care in mind <sup>(9)</sup>. Milk banks throughout North America are HMBANA member milk banks which means milk is collected from mothers with an excess supply of milk and is then screened, pasteurized, tested, and dispensed to infants in need <sup>(9)</sup>. The Milk Bank, located in Indianapolis, Indiana, supplies milk to hospital neonatal intensive units as well as to those in surrounding communities with a clinical prescription for various medical conditions such as prematurity, failure to thrive, immunodeficiency, disorders, absent or insufficient lactation, or in situations of adoption <sup>(10)</sup>.

Women who discuss prenatal care with their



1. Ahluwalia, I. B. (2005). Why Do Women Stop Breastfeeding? Findings From the Pregnancy Risk Assessment and Monitoring System. *PEDIATRICS*, 116(6), 1408–1412. doi:10.1542/peds.2005-0013
2. Binns, C., Lee, M., & Low, W. Y. (2016). The Long-Term Public Health Benefits of Breastfeeding. *Asia Pacific Journal of Public Health*, 28(1), 7–14. doi:10.1177/1010539515624964
3. CDC. (2020, December 10). Results: Breastfeeding Rates. Centers for Disease Control and Prevention. [https://www.cdc.gov/breastfeeding/data/nis\\_data/results.html](https://www.cdc.gov/breastfeeding/data/nis_data/results.html).
4. Doshier, M. (n.d.). The Effects of Breastfeeding and Breastfeeding in Public: Looking at Nursing Nooks. CORE. <https://core.ac.uk/reader/32414626>.
5. Ryan, A. S. (1997). The Resurgence of Breastfeeding in the United States. *PEDIATRICS*, 99(4). <https://doi.org/10.1542/peds.99.4.e12>
6. University of Rochester Medical Center. "Breastfeeding linked to higher neurocognitive testing scores in offspring." ScienceDaily, 27 April 2021. <[www.sciencedaily.com/releases/2021/04/210427110611.htm](http://www.sciencedaily.com/releases/2021/04/210427110611.htm)>.
7. LA LECHE LEAGUE INTERNATIONAL. La Leche League International. (2020, July 30). <https://www.llli.org/about/>.
8. Ahluwalia, I. B., Morrow, B., Hsia, J., & Grummer-Strawn, L. M. (2003). Who is breast-feeding? Recent trends from the pregnancy risk assessment and monitoring system. *The Journal of Pediatrics*, 142(5), 486–491. doi:10.1067/mpd.2003.199
9. Human Milk Banking Association of North America. (n.d.). Milk Banking Frequent Questions. <https://www.hmbana.org/about-us/frequent-questions.html>.
10. TheMilkBank. (n.d.). Resources for Health Care Professionals. The Milk Bank. <https://www.themilkbank.org/hcp>.



# HEALTH OFFICER'S PERSPECTIVE



**BY DR. ERIC  
YAZEL,  
CLARK COUNTY  
HEALTH OFFICER**



I laughed at myself the other day as I pulled a big brown paper bag out of my truck filled with old masks. Early in COVID there were lots of sleepless nights as I watched our PPE supply dwindle with no definitive prospects to replenish it. After the stress of that, I haven't been able to throw away any PPE that might have some life left in it. It reminded me

of stories I used to hear about my grandmother who lived through the Great Depression and never regained her trust of banks. She had little stashes of money squirreled away throughout her house until the day she passed.

Just like the mask hoarding, we learned so many other lessons. COVID exposed the warts of our healthcare system. Constantly operating at full bed capacity may be good for profit margin, but it allows no surge capacity. Lack of investment in the public health system caused major delays when the system needed to rapidly flex up their service delivery. Barriers to primary care access and routine screening for our marginalized populations have long been a problem with our healthcare system, and COVID hit those populations preferentially. We even have added a whole new segment of future emergency planning- resiliency. How do we keep our first responder system up and running in a time of quarantines? How can we protect our essential workers so we can keep our schools and factories running? How can we help keep our restaurants and small businesses open, preventing economic devastation? Those are things we must assess and improve upon in the future.



More importantly, we learned a lot of lessons about ourselves. We learned how we will react in times of hardship and stress. We learned to unplug from electronics and enjoy family time. We regained our appreciation for the simple things in life- a dinner with friends, a concert in the park, watching youth sports, etc. Most importantly, we learned how to come together as a community and raise each other up and support each other. I'm not naïve enough to think this will be the last pandemic we face in our lifetime. However, we will use these lessons to be much better prepared next time around. I'll even have some old wadded up masks you can borrow.



# ONE HEALTH: ANIMALS, PEOPLE, AND THEIR ENVIRONMENT

## LEPTOSPIROSIS

Leptospirosis is a zoonotic disease spread by a spirochete bacteria. Although rare in humans, it is endemic to the United States, and has been found here in Indiana<sup>1</sup>. It is primarily spread through contaminated rodent, livestock, or other mammal urine. Leptospirosis survives well in water, mud, and soil.

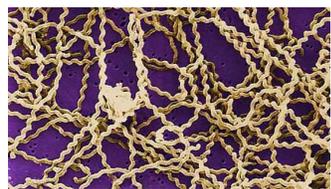
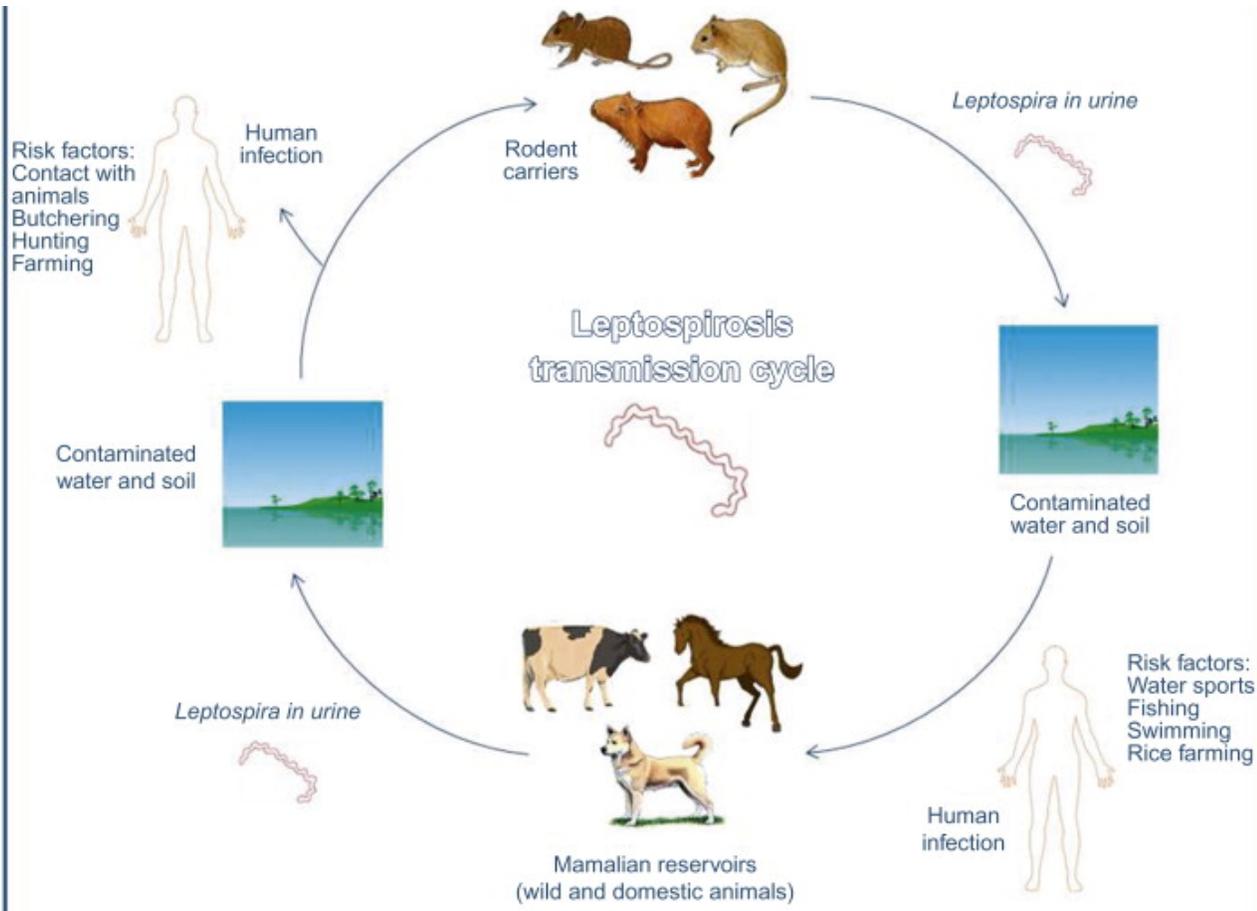
**Case fatality rate is 5% to 15% in cases with severe clinical illness in humans**

Symptoms in dogs vary from mild to extreme and organ failure can occur. In humans symptoms can be flu-like, or be more severe such as jaundice and other life-threatening conditions.

**AROUND 100 CASES/YEAR IN THE UNITED STATES**

Dogs are a common reservoir for the cases that we see. The bacteria can be picked up anywhere rodents were present, and due to animals congregating around water, exposure to water like puddles or lakes can infect our furry friends. Avoiding water after substantial rain events can lessen the chance of exposure.

In humans and pets, the illness is treatable with antibiotics. For dogs, a vaccine is available. I reached out to my personal vet in Jeffersonville and was told that, although they haven't seen any leptospirosis cases recently, they vaccinate more dogs for it than they don't. Your vet may not consider it a core vaccination but you may want to ask about it if your furry friend frequents areas of water or spends a lot of time outdoors.



Janice Carr/(CDC) (Image Number: 138)

1. [wonder.cdc.gov/nndss/static/2019/annual/2019-table2i.html](https://wonder.cdc.gov/nndss/static/2019/annual/2019-table2i.html)  
 2. [www.avma.org/resources/pet-owners/petcare/leptospirosis](https://www.avma.org/resources/pet-owners/petcare/leptospirosis)  
 3. [www.cdc.gov/leptospirosis/health\\_care\\_workers/](https://www.cdc.gov/leptospirosis/health_care_workers/)

Image from: [www.sciencedirect.com/science/article/pii/B9780123971692001074](https://www.sciencedirect.com/science/article/pii/B9780123971692001074)

# MENTAL HEALTH: BRAINGAMES

## WORDSEARCH

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

BEHAVIORAL  
 DEPRESSION  
 ANXIETY  
 HELP  
 CALM  
 CONFUSED  
 STRESS  
 EMPATHY  
 BELONGING  
 RECOVERY

## BRAINTEASER

1. What famous North American landmark is constantly moving backward?
2. Divide 30 by  $1/2$  and add 10. What is the answer?
3. First, think of the color of the clouds. Next, think of the color of snow. Now, think of the color of a bright full moon. Now answer quickly what do cows drink?

1. Niagara Falls (the rim is worn down about two and a half feet each year because of the millions of gallons of water that rush over it every minute.)  
 2.  $70! 30$  divided by 2 is 25 but 30 divided by  $1/2$  is 60. Plus 10. Equals 70.  
 3. Water. Some riddles work by getting your brain to go through a series of associations so you get locked in and can't think of alternatives. Be careful with this riddle. Is the question really connected to that color you were asked to think about? Most folks say that cows drink milk because they're fixated on the color white

## SCIENCE SPOTLIGHT

### Evaluation of the Benefits and Harms of Lung Cancer Screening With Low-Dose Computed Tomography

The US Preventative Services Task Force (USPSTF) recently changed their Lung Cancer Screening Guidance. The organization now recommends annual screening for lung cancer with low-dose computed tomography (LDCT) in adults aged 50 to 80 years who have a 20 pack-year smoking history and currently smoke or have quit within the past 15 year. This is a change from the previous 55 year old start time and lowers the pack per year guidance from 30. Number of pack-years = (packs smoked per day) × (years as a smoker)

This guidance was partially influenced by the modeling data shown in JAMA from a March 2021 Publication.

"Annual strategies with a minimum criterion of 20 pack-years of smoking were efficient and, compared with the 2013 USPSTF-recommended criteria, were estimated to increase screening eligibility (20.6%-23.6% vs 14.1% of the population ever eligible), lung cancer deaths averted (469-558 per 100,000 vs 381 per 100,000), and life-years gained (6018-7596 per 100,000 vs 4882 per 100,000). However, these strategies were estimated to result in more false-positive test results (1.9-2.5 per person screened vs 1.9 per person screened with the USPSTF strategy), over-diagnosed lung cancer cases (83-94 per 100 000 vs 69 per 100,000), and radiation-related lung cancer deaths (29.0-42.5 per 100,000 vs 20.6 per 100,000). Risk model-based vs risk factor-based strategies were estimated to be associated with more benefits and fewer radiation-related deaths but more over-diagnosed cases. "

For the full article, see : Meza R, Jeon J, Toumazis I, et al. Evaluation of the Benefits and Harms of Lung Cancer Screening With Low-Dose

<https://jamanetwork.com/journals/jama/fullarticle/2777243>

### SATURDAYS

Jeffersonville Farmer's Market at Big Four Station Park.

9:00 AM - 12:00 PM

Every Saturday!

### AUGUST 26-28

Sellersburg Celebrates! A fun filled weekend for the whole family. Filled with craft booths, festival rides, music, and more you won't want to miss out on the action during this free three day event.

[www.sellersburgcelebrates.org/](http://www.sellersburgcelebrates.org/)

### SEPTEMBER 2-6

Abbey Road on the River!

Big Four Station Park

[www.arotr.com /](http://www.arotr.com/)

### OCTOBER 16TH

Clark Fest 10 AM - 7 PM Gateway Park, Clarksville.

Parade, 5k, booths, car show, family fun for all!

<http://clarksvilleclarkfest.com>

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**

