

For the Health of It

Clark County Health Department



NOTABLE NEWS

GRANT AWARDED

Caesars Foundation of Floyd County had awarded Hoosier Hills AIDS Coalition/Clark Co. Health Department (HHAC/CCHD) a grant to help clients to stay healthy by providing essential basic needs for clients in Floyd County. HHAC/CCHD will be able to provide food and gas vouchers, as well as bus passes so our clients will be able to attend medical appointments. Clients with HIV have some different nutritional needs such as boost or ensure to help them maintain weight, which is not covered by insurance. If clients are stable with housing and achieve medical compliance with medications, this will reduce their viral load and they would not transmit the disease.

HHAC/CCHD serves an area consistent with the SE Indiana’s Case Management Program, which serves Floyd, Clark and 9 surrounding counties. HHAC has space within the Clark County Health Department. Being physically located in that office, we are able to facilitate prompt and sufficient service

response for the Direct Emergency Assistance program. All clients that are requesting services must meet with a case manager as well as be compliant with care plans established by the case manager/client and medical provider.

The Hoosier Hills AIDS Coalition, originally founded as the Clark County Community Action Group (CAG) in 1986, and later as the Clark-Floyd AIDS Coalition, following the merger with Mary Anne Kernighan’s “Mothers and Others” in the early 1990’s, and formally became HHAC in December of 1996, to better reflect the more regional scope of the Southeast Indiana’s HIV/STD program of the Clark County Health Department, for which HHAC provides benevolent support.

About the Caesars Foundation of Floyd County

The Caesars Foundation of Floyd County (CFFC) is a privately foundation, created to benefit the Floyd County community. The Foundation's philanthropic focus traditionally falls into the categories of grant making to charitable non-profit organizations, educational scholarships, and program related investments which encourage economic development.

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Caesars Southern Indiana is the sole contributor of funds to the Foundation. It is with much gratitude that we acknowledge their philanthropy to the Foundation.

For more information, contact: Dorothy Waterhouse at 812-288-2706



ZONE 1 counties have a predicted average indoor radon screening level greater than 4 pCi/L.
Highest Potential



ZONE 2 counties have a predicted average indoor radon screening level between 2 and 4 pCi/L.
Moderate Potential



ZONE 3 counties have a predicted average indoor radon screening level less than 2 pCi/L.
Low Potential



**JANUARY IS
RADON
ACTION
MONTH**

Protect Your Family from Radon

Radon is a gas that you can't **see**, **smell**, or **taste** — but it can be dangerous. It's the second leading cause of lung cancer in the U.S.



Radon is in the ground naturally. But sometimes it gets into homes **through cracks in the floors or walls.**



Learn more by calling the National Radon Hotline:

1-800-SOS-RADON (1-800-767-7236)

Source: U.S. Environmental Protection Agency

NOW AVAILABLE

FREE, Quick, Blood Lead
Testing.

Results in 3 minutes.



If your child is less than
6 years of age, they are
eligible for a test.

Protect Your Child

MAKE AN APPOINTMENT:

812-283-2739

812-283-2459

812-920-8401

Public Health

Prevent. Promote. Protect.

Clark County Health Department

ONE HEALTH: ANIMALS, PEOPLE, AND THEIR ENVIRONMENT: LAB GROWN MEAT

Recently, the FDA took a huge step in its evaluation of and approval of the safety behind Upside Food's lab grown chicken meat. Although it is not for sale in the U.S. just yet, as the USDA needs to evaluate and inspect the processing facility, it opens the door for many other companies pursuing this cell-based process. Singapore is currently the only country where lab grown meat can be sold, approved in December 2020.

Simply put, cells are extracted harmlessly from an animal, and the stem cells are selected and added to a growth serum. This will then grow into muscle tissue: meat! So...dare we ask...WHY do this?

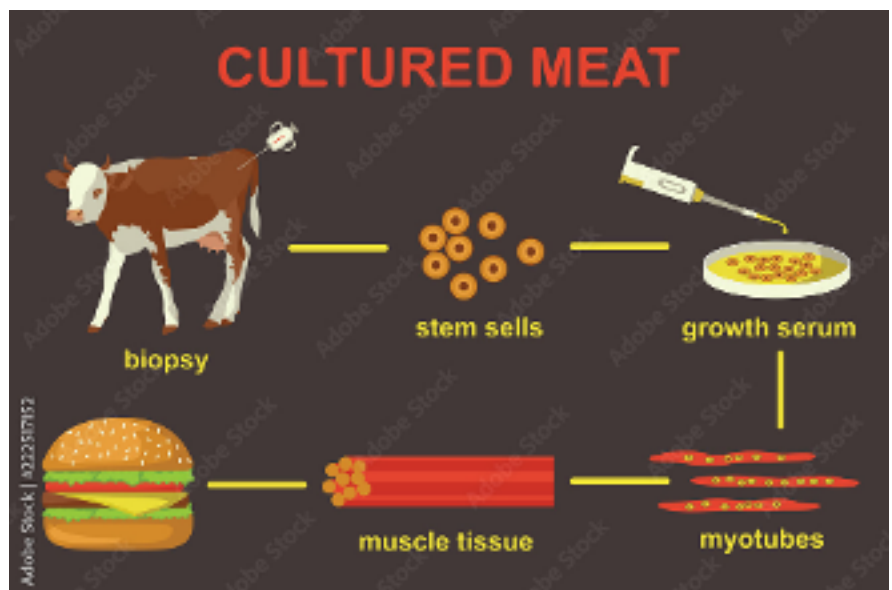
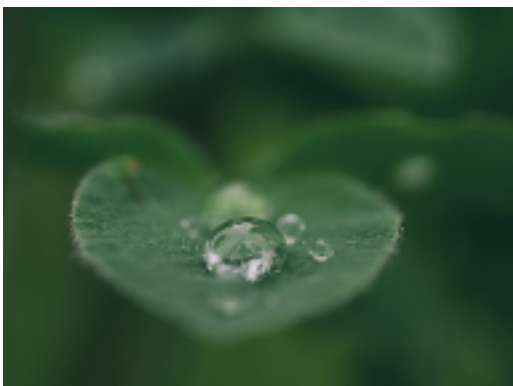
Pros:

- Less slaughtering of animals
- 96% fewer greenhouse gas emissions
- Help fight hunger
 - 36% of corn is used to feed livestock
 - about 25 calories is required to create just 1 calorie of beef
- Space
 - We can produce the same amount of meat in factories on 1% of the land it presently takes us to do it with livestock
 - More space for other food
 - Less deforestation
- Better for the environment
 - 45% less energy use
 - 80+ % less water use, as agriculture (70% of land which is grown to feed livestock) makes up 92% of our water use
 - the water used to produce one pound of beef is estimated to be 1,675 gallons!
- Sterile Environment
 - less transmittable illness
 - fewer zoonotic diseases
 - less antibiotic use/antibiotic resistance

Cons:

- Not vegan
- What is the growth medium?
 - Fetal Bovine Serum is commonly used, extracted from unborn cow fetuses after the mother is slaughtered
- Cost-Since the first burger was produced for over \$350,000 in 2013, the industry has greatly progressed, with the present estimated cost of a burger around \$10 and dropping as companies continue to develop new tech
- Complicated to regulate-new territory!
- Small production volume as of now
- Possibly unknown safety issues with genetically engineering cell lines

**All of the pro's and con's could be argued and details can be product/company specific.



Future:

- Engineered meat nutritional aspects
- Decrease the cost
- Find different growth media
- Ensure same cell lines are used so no new biopsies are needed
- Need a way to scale up- utilization of large steel bioreactor tanks is being experimented with
- Companies need to have green sources to power their processes to see the benefit of reduced emissions
- 3-D Bio-printers: sci-fi turned reality!
- Will people buy it?



The bottom line? It's real meat.
Real Flavor. Is it for you?



More info and references:

<https://www.fda.gov/food/food-ingredients-packaging/human-food-made-cultured-animal-cells>

<https://www.theweek.co.uk/96156/the-pros-and-cons-of-lab-grown-meat>

<https://edu.gcfglobal.org/en/thenow/what-is-labgrown-meat/1/>

<https://pubs.acs.org/doi/abs/10.1021/es200130u>

<https://www.scientificamerican.com/article/time-to-rethink-corn/>

<https://cbey.yale.edu/our-stories/disrupting-meat#:~:text=Meat%20makes%20for%20curious%20math,just%201%20calorie%20of%20food.>

<https://www.foodsafetynews.com/2022/10/3d-food-printers-are-already-a-science-fact-not-far-fetched-science-fiction/>

<https://labgrownmeat.com/what-is-3d-bioprinting/>

MENTAL HEALTH: BRAINGAMES

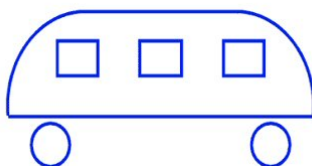
WORDSEARCH

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

- DENTAL
- HEALTH
- CAVITY
- ENAMEL
- FLOSS
- BRUSH
- DENTURES
- PERIODONTITIS
- BRUXISM
- PLAQUE

BRAINTEASER

1) In which direction is the bus pictured below traveling?



2. Linda, a 31-year-old woman. In high school and college, she was deeply involved in social justice issues, and participated in environmental protests. Which is more probable about Linda's occupation today? Rate, in order of probability, the following: a) Linda works as a TV reporter; b) Linda is a bank teller; c) Linda is a bank teller, and she's very active in the environmental movement.

1) Left, because you can't see the door.
 2) First, ignore how you ranked a), as it is irrelevant to this exercise. If you ranked c) as more probable than b), you are wrong and this reflects a very pervasive cognitive bias, technically called a "conjunction fallacy."
 Statistically speaking, it is more probable that Linda is a bank teller, which is a whole category, that she is both a bank teller AND also active in the environmental movement, which is a subset of the whole category of bank tellers.

SCIENCE SPOTLIGHT

Probiotics treatment improves cognitive impairment in patients and animals: A systematic review and meta-analysis

"The gut-brain axis has received considerable attention in recent years, and the "psychobiotics" concept indicates that probiotics have a potential positive effect on cognitive function. Therefore, the aim of this study was to quantitatively evaluate the influence of probiotics on cognition. We conducted a random-effects meta-analysis of 7 controlled clinical trials and 11 animals studies to evaluate the effects of probiotics on cognitive function. Probiotics supplementation enhanced cognitive function in both human (0.24 [0.05–0.42]; I²= 0 %) and animal studies (0.90 [0.47–1.34]; I²= 74 %). Subgroup analyses indicated that the effects of probiotics on cognitively impaired individuals (0.25 [0.05–0.45]; I²= 0 %) were greater than those on healthy ones (0.15 [–0.30 to 0.60]; I²= 0 %). Furthermore, compared with a multiple-probiotic supplement, a single strain of probiotics was more effective in humans. The meta-analysis provided some suggestions for probiotics intervention and tended to support a customized approach for different individuals to ameliorate cognitive disorders. Future additional clinical trials are necessary to evaluate therapeutic effect and influencing factors."

<https://www.sciencedirect.com/science/article/abs/pii/S014976342030631X?via%3Dihub>

Lv, Tingting, et al. "Probiotics treatment improves cognitive impairment in patients and animals: A systematic review and meta-analysis." *Neuroscience & Biobehavioral Reviews* 120 (2021): 159-172.



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
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