

For the Health of It

Clark County Health Department

October 1, 2019

NOTABLE NEWS

VOLUME 2
ISSUE 4

CONSTRUCTION UPDATE

The Health Department's new home is coming along!! The first floor should be completed by the end of September, and construction has begun on the 2nd floor. The 2nd floor renovations likely will be completed sometime in December. The staff and administration would like to thank the Clark County Commissioners and Council for their efforts in completing this project. We also want to acknowledge and thank the Health Foundation of Greater Indianapolis, the Indiana Aids Fund, and the Jeffersonville Urban Enterprise Zone for their financial support during this renovation. These community partners have helped to provide the foundation for the Clark County Health Department to continue the practice of public health and improve community health across Clark County

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NEW PUBLIC HEALTH EDUCATOR AT CCHD

The infant mortality rate in Clark County has increased to a level higher than the State of Indiana's rate as a whole over the last several years. The cities of Charlestown and Jeffersonville have exceeded the State rate from 2012 to 2016. This is a public health crisis that demands all of the efforts of the health department, we must establish interventions and increase efforts to reduce this appalling trend in our community.

CCHD applied for a grant to fund development of Sudden Unexpected Infant Death interventions. This grant will establish and support the Child Fatality Review (CFR) and Fetal-Infant Mortality Review Process (FIMR) teams. The main focus of the grant will be to provide educational opportunities for expectant parents. Education on Accidental Suffocation and Strangulation in Bed (ASSB), Sudden Infant Death Syndrome (SIDS), and any other contributing factors will be the emphasis of the program.



NEW PUBLIC HEALTH EDUCATOR AT CCHD, CONTINUED

In addition to this important public health mission, this position will also maintain and capitalize on other successful programs already in place in Clark County. Programs such as PulsePoint, Stop the Bleed, Baby and Me Tobacco Free, and other community health centered programs in early development.

This is a public health crisis in Clark County, it demands that our community leaders, healthcare partners, law enforcement, and educational institutions collaborate for the safety of our most vulnerable population, our children.

EXPANDED OUTREACH

ISDH was awarded an opiate crisis grant in late 2018. This grant money was then offered to all counties in Indiana that house an approved syringe services program (SSP). This grant money was earmarked to mobilize SSP's in each county.

Clark County applied for, and received \$81,000. With this grant, CCHD was able to purchase three vehicles.

These vehicles are used to provide services throughout the 376 square miles in Clark County. Services provided will include harm reduction and outreach, testing for HIV, Hepatitis C, and STD's. This grant also was used to purchase bus passes for those needing transportation to and from our office as well as to medical appointments.

CCHD currently serves 14 counties with its HIV/STD program.



EXCEPTIONAL PEOPLE NEEDED

Thursday, December 5th is International Volunteer Day. Volunteering is a great way to help your community and to give back in any way you are able. Some people volunteer with kids, some with adults, and some with animals. Some give time and some give money. So take the time and think about: What are you doing to help? Could you do more?

One such program in our area that relies on volunteers is CASA-The Voice of Clark County's Children. CASA is a Court Appointed Special Advocates Program. This program is designed to help children have a safe and permanent home. Often, in child abuse and neglect cases, the voices of children are not heard. That's where CASA comes in.

Volunteers spend time with children involved in a case to understand what they need. The volunteer must advocate for the best interest of the child. This will include research and interviewing of other individuals in the child's life, including teachers, social workers, parents or foster parents, therapists, and even doctors with the ultimate goal of ensuring the best placement for the child.

Volunteers can expect to work with one child or case at a time and spend 10-15 hours of research work before the first court appearance. The volunteer will be a stable and important model in the child's life. These children need to be valued, and need to be heard. In 2017, CASA served 284 children, and over 300 children in 2018. They need you!

You don't have to be a lawyer to fill this role. Volunteers are ordinary people with day to day lives and often juggle full time jobs with CASA requirements. CASA asks for commitment, objectivity and communication skills from their volunteers as well as genuine care and concern for children.

To volunteer, you must be at least 21 years old, and complete an application and various background checks. You will have 30 hours of initial training, and must receive 12 hours of continued training annually.



Make a Difference. Change a Life.

For more information, Please contact Shay Grahn, program director at sgrahn@casavoice.org. P.O. Box 866 Jeffersonville, IN 47131. 812-285-0743.

Informational website is: www.casavoiceclark.org/

NOVEMBER IS LUNG CANCER AWARENESS MONTH!

Lung Cancer Facts:

- Lung Cancer kills 433 Americans Every Day¹
- Every 3.3 minutes someone in the U.S. dies of lung cancer¹
- Lung Cancer kills almost twice as many women as breast cancer¹
- Of the men and women with lung cancer, 17.9% are NEVER SMOKERS²
- Lung cancer makes up 25% of all cancer deaths²

Risk Factors:

- You are between the ages of 55-80
- You have a 30 pack-year smoking history
- You are a current smoker or quit within the past 15 years
- Other risks include marijuana use, e-cigarettes, radon gas and asbestos exposure, environmental exposures, and family history

Know your risk and get screened.

For more information:

<https://lcfamerica.org/get-involved/november-lung-cancer-awareness-month/>

<https://lcam.org/>

NOVEMBER IS DIABETES AWARENESS MONTH!

Diabetes is one of the leading causes of disability and death in the United States. One in 10 Americans have diabetes, that's more than 30 million people.

Another 84 million adults in the United States are at high risk of developing type 2 diabetes.³ Type 1 diabetes is where the body doesn't produce insulin and Type 2 is where the body doesn't use insulin properly (more common).

Depending on your age, weight, and other factors, you may be at higher risk of developing type 2 diabetes. The good news is that making healthy changes can greatly lower your risk. Watching your weight, eating healthy, getting more physical activity will all help to prevent type 2 diabetes.

For more information:

<https://www.diabetes.org/>

1. <https://lcfamerica.org/get-involved/november-lungcancer-awareness-month/>
2. go2foundation.org
3. <https://www.cdc.gov/diabetes/basics/quick-facts.html>

UP IN SMOKE

BY DR. ERIC YAZEL,
CLARK COUNTY
HEALTH OFFICER



If you have been paying any attention to the media lately, it's hard to miss the reports and discussion of vaping related illness. Over 450 cases have been reported to date. There have been numerous cases of severe pneumonia and even deaths, including one in Indiana. I have heard arguments that this is a media fear tactic and questions as to why we haven't heard about this in the past. Vaping has been around for years. However, awareness as to its potential effects has not. The suspicion is that it is highly likely that there have been cases that have been missed. The development of rapidly developing pneumonia was likely attributed to other or unknown causes prior to this increased knowledge. Further complicating the ability to recognize potential cases is the possibility that the patient may be hesitant to admit THC use to a healthcare professional.

The other major change that has occurred over time is the modification of devices in order to use them for THC. A vast majority of cases have involved devices bought of the street for this purpose. Whether the illness is secondary to a chemical reaction or some degree of chemical contamination is unclear at this time, there does appear to be a degree of correlation.



So what are the symptoms? Initially the symptoms may mimic bronchitis or seasonal viral illnesses. It then progresses to productive cough, chest pain, and respiratory difficulty. Nausea, vomiting, diarrhea, fatigue and weight loss are other common symptoms. Some patients then progress to full respiratory failure and require mechanical ventilation.

Now we are aware about it, the next question is how we prevent it. The most important step is simple. Don't start vaping in the first place. And if you absolutely must, ensure that it is store bought at a reputable location. If respiratory symptoms appear, have a low threshold to seek medical attention.



Be safe and be smart.

OUTDOOR FALL FUN



'TIS THE SEASON SO PREPARE WITH REASON!

PROTECT YOURSELF

It's Hunting Season! Hunters are out and about in the woods for sport and subsistence. However, even non-hunters should be aware of their surroundings. Review the following tips to stay safe this season:

1. Treat all firearms as if they are loaded. Keep the muzzle pointed in a safe direction.
2. Be aware of what is behind your target.
3. Learn the mechanics of your firearm prior to using.
4. Wear a harness while in a tree stand.
5. Make sure your gun is unloaded before cleaning it.
6. Unload your firearm prior to crossing a fence or hoisting it into a tree stand.
7. Keep your finger off the trigger until ready to shoot.
8. Deer can carry contagions. Remember commercial deer processing is the safest way to go.

The next three apply to both hunters and anyone enjoying the outdoors!

9. Wear **hunter orange** while in the woods during firearms season.
10. Tell someone where you are going and when you plan to return.
11. Ensure you have the proper gear. Dress for the weather **and** what the weather may become.

For Indiana hunting dates and regulations:

www.eregulations.com/indiana/hunting/hunting-regulations/

www.in.gov/dnr/fishwild/8367.htm



When the seasons change, it is a great reminder to do some routine maintenance and activities to keep you and your family safe and prepared for upcoming times. Take a look at the list below to see what you may have missed!

HOME

- Clean out around your furnace to ensure nothing flammable is stored nearby. Better yet, call and have your furnace serviced before the coming cold.
- Change the batteries in smoke and carbon monoxide detectors.
- Have your chimney inspected.
- Purchase your winter supplies.
- Clean the leaves out of your gutters.
- Practice safe ladder techniques.
- Use space heaters and heated blankets safely.
- Watch for leaves or ice on the roads.
- Don't bring poisonous plants to your pets.
- Get a flu shot!



PREPAREDNESS

- Give your car a tune up.
- Stock winter supplies in your vehicle.
- Practice your family's fire escape plan.
- Rotate your shelter in place/emergency foods and supplies.
- Rotate the fuel for your generator.
- Be ready for sudden weather changes.

For more information:

www.cdc.gov/features/winterweather/index.htm

PUBLIC HEALTH

WORRISOME WORMS

We love our pets-but not everything that comes with them. Common pets, like cats and dogs, can become infected with numerous parasites like fleas and ticks, but also wiggly worms! Tapeworms, hookworms, whipworms and roundworms, which cause Heartworm are just some of the few types of problem parasites.

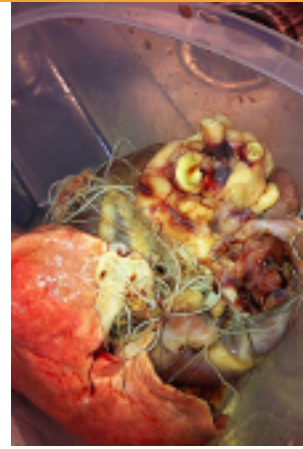
Although the untrained eye may be able to spot a few of these species, often an infected animal shows little to no symptoms until a major infection is present. Puppies and kittens can even be born already infected.



Many of these species of worms can infect humans. It is believed that 1/6 of the world's population is infected with hookworms.¹ *Toxocara* is an infection that humans can get from roundworms and infects between 14-40% of the population.² It is often asymptomatic.

"WE CAN JUDGE THE HEART OF A MAN BY HIS TREATMENT OF ANIMALS"
-IMMANUEL KANT

The CDC says that humans can also contract *Dipylidium*, a tapeworm found to more commonly infect children. Although rare, Heartworm can also pass on to humans from the bite of an infected mosquito. The mosquito is an intermediate host for Heartworm while the adults reproduce in the pet.

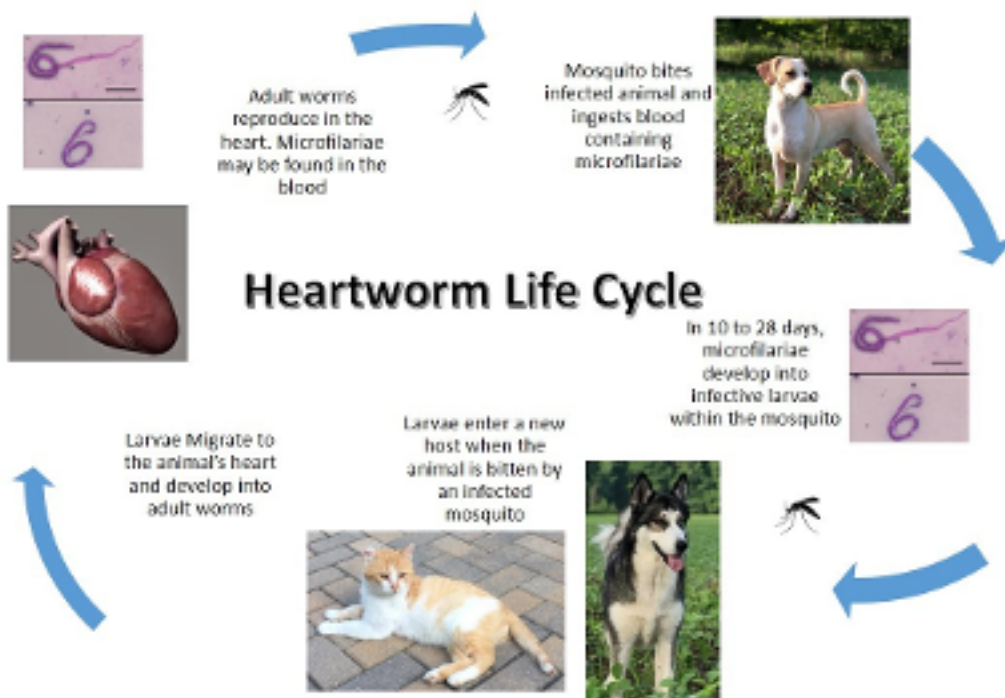


Heartworm can kill. But luckily this, and other parasites are preventable. Ensure your pet is on monthly parasite prevention including Heartworm medicine. Ask your vet which products are available and which is best for you. Additionally, pets should get yearly intestinal worm and heartworm tests.

About Heartworm, Dr. Kalivoda, DVM states: "In terms of cost alone, prophylaxis costs are approximately that of a single large latte at Starbucks each month versus \$1,000 to \$3,000 for treatment."³

Remember: **Protect your pet, protect yourself.**

For more information, go to:
<https://www.cdc.gov/parasites/>
<https://www.heartwormsociety.org/>



1. Amin, Omar M. "Parasites." *Parasitology Center Inc.* 2010. .
2. <https://www.cdc.gov/parasites/toxocariasis/epi.html>
3. <https://mtnviewvet.net/heartworms-dogs-cats-now-public-health-issue/>

MENTAL HEALTH: BRAINGAMES

WORDSEARCH

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

DIABETES
INSULIN
CARBOHYDRATES
DIALYSIS
KETONES
PANCREAS
GLUCOSE
NEUROPATHY
RESISTANCE
HYPOGLYCEMIA

BRAINTEASER

Questions:

1. He who lacks it seeks it

He who has it mistreats it.

2. During a medical examination, Geoffrey's blood pressure is found to be three times that of a normal healthy person. Yet neither Geoffrey nor his doctor is particularly worried about this. Why?

Answer: 1. Health

2. Geoffrey is a giraffe. The average blood pressure of a giraffe is three times that of a human being. This higher blood pressure is needed to pump the blood up that long neck!



SCIENCE SPOTLIGHT



The Urban Forest and Ecosystem Services: Impacts on Urban Water, Heat, and Pollution Cycles at the Tree, Street, and City Scale

This 2016 study looked at the effects of urban forests, represented across 5 continents, on multiple ecological and environmental variables. Urban landscapes have numerous challenges in regards to biogeochemical processes which can impact human health and comfort. They can have increased pollution, experience heat island effects, and be more impacted by flash flooding among other problems.

14 studies are evaluated in this paper. Jaganmohan et al. (2016) found that parks managed as forests, rather than open areas can have a cooling effect beyond their boundaries, and that size can have an effect on the amount of cooling. Fewer, larger treed areas are better than many small treed areas. Ballinas and Barradas (2016) added that tree species can differ in their impacts.

Other studies have shown that tree canopies can hold differing amounts of precipitation based on species, and that by increasing trees you can decrease runoff and discharge, in part, due to evapotranspiration. Runoff can contain high amounts of pollution in urban areas. Trees can reduce problem nutrients in runoff. Livesley et al. (2016) showed that using trees in green spaces can change soil C:N ratios that can improve nutrient buffering capacity. Additionally, Park and Schade (2016) found that photosynthetic properties of trees can significantly impact CO₂ emission rates, which are higher in urban environments.

This paper highlights the importance of understanding differences in tree species, urban planning, and can help guide future studies in how we can help urban areas be more comfortable and safe for our future.

Livesley, S. J., E. G. McPherson, and C. Calfapietra. 2016. The Urban Forest and Ecosystem Services: Impacts on Urban Water, Heat, and Pollution Cycles at the Tree, Street, and City Scale. *J. Environ. Qual.* 45:119-124.

<https://dl.sciencesocieties.org/publications/jeq/articles/45/1/119>

CALENDAR

OCTOBER 15

Get your flu shot at Clark Memorial Health. Main Lobby. 4 p.m. to 7 p.m. The cost is \$15 cash or check accepted. Must be 18 years of age or older. For more information call 812-283-2101.

OCTOBER 10-13

Harvest Homecoming. New Albany. For more information: www.harvesthomecoming.com/

OCTOBER 11 AND MORE

The Friends of the Library, a volunteer support group of the Jeffersonville Township Public Library, host a Book Sale four times a month. The sales are held on the 2nd & 4th Fridays and Saturdays from 10:00 a.m. - 1:00 p.m. The room is located at the South end of the main library on the lower level.

OCTOBER 19

Clark Fest : Parade: 10:00 a.m. Festival: 11:00 a.m. - 7:00 p.m. at Gateway Park, 500 Little League Blvd. Car show, run/walk, arts and crafts. For more information:

www.clarkvilleclarkfest.com/



Public Health
Prevent. Promote. Protect.

Clark County Health Department

Administration/Vital Records/Environmental

1320 Duncan Avenue Jeffersonville IN 47130

Phone 812-282-7521

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

Baby and Me, Tobacco Free - Phone 812-283-2746

Public Health Nurse

1301 Akers Avenue Jeffersonville IN 47130

Phone 812-283-2459

HIV/STD Program Office - Phone 812-288-2706