



The HD Scoop

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Our mission is to improve, protect and promote the public health, well-being and environment of the communities in Sandusky County.

Sandusky County Health Department

2000 Countryside Drive
Fremont, OH 43420
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4th Annual Staff Development Day

On September 5, 2018 the Health Department held its 4th Annual Staff Development Day at the Wilson Nature Center in Lindsey. Yearly training was provided for all staff on HIPAA, Ethics, Cultural Competency, and Blood Borne Pathogens. Our guest presenter this year was Tim Wise, LPCCs Site Director for Firelands Counseling & Recovery Services. He presented on the current topic affecting our community: Addiction is it a Choice? The information provided gave the staff insight into defining addiction, how it affects the individual and families, and how it can be treated.

The staff also completed a team building activity with a watermelon carving

challenge. This activity had staff working together to show their creativity. The following staff

members were recognized for years of service and commitment to the Health Department: Deb Agee-20 Years, Maria Anderson-20 years, Tanya Halbeisen- 20 Years, Laura Burkin-5 Years, Rachel Calvillo-5 Years, Carol Gunner-5 Years, Angela Herrera-1 Year, and Thomas Miller-1 Year.



New Employee Spotlight

Heather Justice, Sanitarian in Training

Heather joined the Health Department six months ago and works within our Environmental Division. Her educational background is in Biology and Chemistry. Heather may have a passion for science, but that doesn't keep her from enjoying her love for the arts!

What is your favorite food? Chicken Paprikash.

Tell us something interesting about you: I have been making costumes and doing set design for theatre performances for close to 5 years. I don't do it as often as I used to, but I still help out from time to time.

What is the most interesting job you've ever had? I Coordinated the Adopt-a-Beach Program in the City of Cleveland. I had the opportunity to teach high school students from different Cleveland City Schools how to perform lab tests and about the ecosystems in Lake Erie.

If you could travel anywhere, where would you go? Germany. I'm very interested in their increased use of renewable energy sources.



Community Health Assessment Corner

The Community Health Improvement Planning (CHIP) addresses top health concerns for Sandusky County. Every three years a Community Health Needs Assessment survey is conducted to identify top health priorities. The survey consists of over 150 questions focusing on health concerns, for the Sandusky County area. Once the survey is complete, Health Partners compiles a community health assessment to explain the collected data and address top priority areas.

In 2017, the top health concerns for Sandusky County were mental health and addiction, chronic disease and maternal and infant health. The CHIP Committee worked to create objectives for each identified issue as part of the Community Health Improvement Plan. Members helped ensure that their agencies would implement the strategies the plan outlines. Many local agencies are actively working towards improving the issues listed in the CHIP, and this month the organizations had an opportunity to share their progress, pool resources, and determine what further action can be taken to improve the health of our community.

The Community Health Improvement Planning Committee is comprised of representatives from the Sandusky County Health Department, ProMedica Memorial Hospital, Mental Health and Recovery Services Board, Family and Children First, WSOS, Fremont City Schools and the OSU Extension Office.

Teachers Gear Up for the PAX Good Behavior Game

We have been working with local Sandusky County elementary schools to train teachers in the PAX Good Behavior Game. The Good Behavior Game is a classroom regulation strategy that works to help students regulate their behaviors. The training teaches the teacher many different tools to use throughout the day to help remind students to show positive behaviors. PAX helps to improve attention and reduce impulsivity

improving the long-term productivity of the classroom. Research has shown that when the program is implemented effectively for 2 years student behavior improves and conduct problems are reduced. It has also shown to increase reading and math scores on standardized tests and over time can reduce substance use and youth risky behaviors. Currently the Health Department has hosted 2 trainings to train 84 teachers in our county and

others have been sent outside of the county to receive training. We will be hosting 2 more upcoming trainings before the end of this school year geared toward classroom teachers grades K-5 in Sandusky County.



October is SIDS Awareness Month

Sudden Infant Death Syndrome (SIDS) is the sudden, unexplained death of a baby younger than 1 year of age that doesn't have a known cause even after a complete investigation. This investigation includes performing a complete autopsy, examining the death scene, and reviewing the clinical history. Most SIDS deaths occur when in babies between 1 month and 4 months of age, and the majority (90%) of SIDS deaths occur before a baby reaches 6 months of age. However SIDS deaths can occur anytime during a baby's first year. SIDS is sometimes called "crib death" or "cot death" because it is associated with the

timeframe when the baby is sleeping. Cribs themselves don't cause SIDS, but the baby's sleep environment can influence sleep-related causes of death.

SIDS is **not** the cause of every sudden infant death. Each year in the US thousands of babies die suddenly and unexpectedly. These deaths are called SUID (pronounced Soo-id), "Sudden Unexpected Infant Death." SUID includes all unexpected deaths: those without a clear cause, such as SIDS, and those from a known cause, such as suffocation. One-half of all SUID cases are SIDS. Many unexpected

infant deaths are accidents, but a disease or something done on purpose can also cause a baby to die suddenly and unexpectedly. "Sleep-related causes of infant death" are those linked to how or where a baby sleeps or slept. These deaths are due to accidental causes, such as suffocation, entrapment, or strangulation. Entrapment is when the baby gets trapped between two objects, such as a mattress and a wall, and can't breathe. Strangulation is when something presses on or wraps around the baby's neck, blocking the baby's airway. These deaths are not SIDS.

Breastfeeding and Ohio WIC

August was Breastfeeding Awareness Month (BAM) in Ohio. For Breastfeeding Awareness Month 2018, Ohio adopted the World Alliance for Breastfeeding Action (WABA) theme: "Breastfeeding, Foundation of Life". This theme focused on breastfeeding as the key to preventing hunger and malnutrition by ensuring food security for babies. By decreasing the burden on household income, breastfeeding provides a low-cost way to feed babies

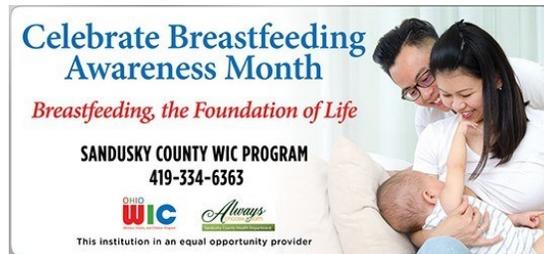
which contributes to poverty reduction. Governor John R. Kasich's Resolution designated August as Breastfeeding Awareness Month in Ohio. The Ohio Department of Health, along with the American Academy of Pediatrics, recommends feeding only breast milk

for the first six months of life and continuing to breastfeed along with other foods for the first year and beyond.

The Ohio WIC Program commits to:

- helping make breastfeeding the cultural standard for Ohio infants;
- offering education and support to help women make informed feeding decisions; and
- supporting the mother in her choice.

Source: www.odh.ohio.gov



Syphilis Cases On the Rise

Sandusky County has seen an increase in syphilis cases recently in both males and females. Syphilis is a sexually transmitted infection that can cause serious health problems if it is not treated. Syphilis can also be passed to an unborn child (congenital syphilis) through the placenta if left untreated, causing the woman to miscarry, the baby to pass away shortly after birth, be born early or become infected with syphilis. The baby's risk of becoming infected is greatly reduced if the mother receives treatment, preferably before the 16th week of pregnancy. Syphilis is spread

by direct contact with a syphilis sore during vaginal, anal, or oral sex. There are three different stages of syphilis and each are associated with different symptoms. Primary syphilis usually results in a painless sore or sores at the site of infection. Secondary syphilis usually results in a skin rash, swollen lymph nodes, and fever. Signs and symptoms of primary and secondary syphilis may be mild and go unnoticed. The latent or tertiary stage is usually associated with severe medical problems and is usually diagnosed by a doctor. A blood test can be performed to test for syphilis and it can

be cured with antibiotics but treatment may not undo damage that the infection has caused. It is important for you to protect yourself against all sexually transmitted infections by using condoms correctly each time you have sex. It is also important for you to be screened routinely for all sexually transmitted diseases. You can visit the CDC website (www.cdc.gov) for more information on sexually transmitted diseases. Talk to your doctor or call our Reproductive Health and Wellness Clinic at 419-334-6355 to schedule an appointment for testing.

Give Thanks this November

As the holidays are fast approaching, please remember that November is the month to be thankful. Thank our veterans and their families for the sacrifices they make to keep us free. Be thankful for family and friends and friends that have become family. As you prepare those awesome dinners, whether it's turkey, ham or spaghetti, watch your food temperatures to keep everyone healthy and happy!

Keep cold foods at 41°F or below, follow the cooking directions on the meat dishes then hot hold at a minimum of 135°F. After the glorious meal, properly handle the leftovers. Do not let them sit out on the counter all afternoon because bacteria can multiply rapidly and no one wants that. So, be thankful & enjoy our holidays!!



We're On The Web!

www.alwayschoosehealth.com



The SCHD would like to invite the Sandusky County community to attend the following health department meetings. We strongly believe that input and involvement from the community is key to improving the overall health of Sandusky County.

Board of Health

Dates: October 19, November 16 and December 21

Time: 8:30am

Location: Sandusky County Health Department

Prevention Partnership Coalition (PPC)

Date: November 1

Time: 10:00am

Location: Department of Job and Family Services

Creating Healthy Communities Coalition (CHC)

Date: November 5

Time: 8:00am

Location: Sandusky County Health Department

What is a Public Health Emergency?

Oftentimes when you call your doctor's office or clinic, you will hear in the greeting "If this is a medical emergency, please hang up and dial 911". If you call the health department after hours, you will hear instructions for reporting a public health emergency. But what is that? The World Health Organization defines it, in part, as an occurrence or imminent threat of an illness or health condition that poses a substantial risk to the health of the public. This could include things such as a loss of drinking water, environmental contamination (chemical, radiological, biological), and certain diseases or disease outbreaks.

One way the health department stays prepared to deal with a public health emergency is by conducting and participating in drills and exercises. This fall, along with the other health departments in Northwest Ohio, we will be conducting a pandemic influenza exercise. This allows us to test our plans for dealing with dangerous infectious diseases – how we track them and stop their spread. We also include our hospital and other community healthcare partners to test how our systems can handle large numbers of very sick people in a short amount of time.



The health department's exercise and training program helps keep us prepared for any public health emergency we may face!

2018 Flu Clinic Schedule

<u>Date</u>	<u>Location</u>	<u>Time</u>
October 1, Monday	Sandusky County Health Dept.	9:00am-4:00pm
October 3, Wednesday	Clyde Senior Center Laurel Hurst Apartments 900 N Woodland, Clyde	12:00pm-2:00pm
October 4, Thursday	Woodville Fire Department 321 E. Main St, Woodville	1:00pm-3:00pm
October 7, Sunday	St. Joseph Parish Hall 709 Croghan St, Fremont	11:30 am-1:00 pm
October 7, Sunday	First United Church of Christ 1500 Tiffin Road, Fremont	11:00 am-12:00pm
October 11, Thursday	Faith United Methodist Church 795 W Madison St, Gibsonburg	1:00pm-3:00pm
October 11, Thursday	Terra State Community College Health Fair 2830 Napoleon Road, Fremont	4:00pm-6:00pm
October 14, Sunday	Sacred Heart Church 550 Smith Rd, Fremont	8:00am-11:00am
October 15, Monday	Sandusky County Health Dept.	9:00am-4:00pm
October 21, Sunday	Clyde Christian Church 206 S Main St, Clyde	10:30am-12:30pm
October 21, Sunday	Trinity United Methodist Church 210 S. Maple, Lindsey	11:00 am-12:30 pm
October 22, Monday	Sandusky County Health Dept.	9:00 am-4:00 pm

Medicare and Medicaid will be accepted, cards need to be brought to the clinic. Some Private Insurance accepted: Anthem Blue Cross Blue Shield, Medical Mutual, Paramount, SummaCare, Aetna, Health Scope, United Health Care, and Cigna. All insurance cards need to be brought to the clinic.