

September 2023

THE NEWSLETTER OF THE DARKE COUNTY GENERAL HEALTH DISTRICT

# HEALTH LINE

## ADMINISTRATIVE NEWS: LGBTQ+ HEALTH ADVISORY COUNCIL A MESSAGE FROM JORDAN FRANCIS, MPH

Health equity is the state in which all people have a fair opportunity to reach their highest level of health. Unequitable health outcomes result from health disparities, the preventable differences in the burden of disease, injury, violence, or opportunities to achieve optimal health that are experienced by populations that have been disadvantaged by their social or economic status, geographic location, and environment. Many communities experience health disparities, including people living in rural communities, those experiencing poverty, people from some racial and ethnic minority groups, people with disabilities, people who are LGBTQ+, and other groups. For example, LGBTQ+ youth are more likely to experience depression, suicidal thoughts, substance use, and victimization than their peers. In an attempt to directly address health needs among the LGBTQ+ population, the Darke County General Health District has convened the LGBTQ+ Health Advisory Council. The council meets monthly to discuss health needs, current community events, and brainstorm ways to address health needs in the LGBTQ+ community. The goal of the LGBTQ+ Health Advisory Council is to identify and address barriers to optimal well-being, and ultimately improve health equity in our community.

## EMPLOYEE ANNIVERSARIES

July 14th- Lisa Rodeheffer, 23 years

July 19th- Abby Griesdorn, 2 years

August 3rd- Janet Steinbrunner, 3 years

August 23rd- Abby Ross, 2 years

September 10th- Jody Hocker, 21 years

September 11th- Casey Shipp, 6 years

September 26th- Shannon Skiver, 1 year

## MISSION STATEMENT

To develop and maintain an efficient and effective system that will provide for the highest quality of public health services and to promote and protect the Darke County community's physical, mental, social, and environmental well-being.

## VISION STATEMENT

Our vision is to be an innovative leader in achieving the highest possible health and wellbeing for Darke County and the environment.



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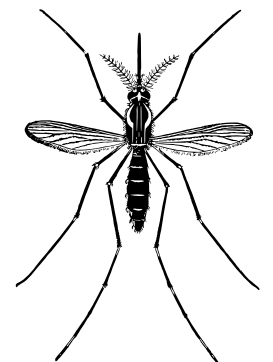
## Environmental News

### MOSQUITO TRAPPING

For the summer of 2023, the Darke County General Health District was given a grant of \$25,000 to use on the mosquito program. Because of this, a new summer intern was hired specifically for this program. Our intern, Paige, will trap and collect mosquitoes from our local Darke County area, and ship them off to the Ohio Department of Health to be tested for West Nile Virus.



There are many different types of mosquitoes within our local environment. However, there are three main types: Aedes, Culex, and Anopheles. Aedes are black with white markings on their body and legs. Of the 700 different species in this category, only 3 cause disease. Aedes usually lay their eggs singularly, on a dry surface. These mosquitoes prefer to bite during the day and prey primarily on humans. Culex mosquitoes are typically yellowish brown. There are over 1,000 species of this type, but only three cause disease. The Culex mosquito is the main transmitter of the West Nile Virus. The West Nile Virus is a mosquito-transmitted disease that can cause minor irritation or serious illness. Minor symptoms include headache, body aches, joint pains, vomiting, diarrhea, or rash. Most people with minor illnesses due to the West Nile virus recover completely, but fatigue and weakness can last for weeks or months. Major symptoms include illness affecting the central nervous system such as encephalitis (inflammation of the brain) or meningitis (inflammation of the membranes that surround the brain and spinal cord). Some may not even have symptoms. However, 1 in 5 people will develop a fever and other symptoms, and 1 in 150 will develop a serious, sometimes fatal reaction. Sometimes, subject mosquito bites will not develop large amounts of the transmitted diseases into the blood system. This means that if a different mosquito bites the same infected person, that mosquito will not develop the same disease. This usually differs depending on the disease; however, humans, horses, and other mammals commonly fall in this category due to their high tolerance to viruses. In other words, mammals are very good at not letting a lot of a virus into their bloodstreams. This stands for the West Nile Virus, humans develop a sickness to it but can't pass it on. However, even though human-to-human transmission of this disease is rare, it can happen. Furthermore, mosquito season starts in early summer and continues until late fall. Be aware of your surroundings and stay safe. Make sure to call us with any questions you may have at 937-548-4196 ext. 225.



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## Emergency Preparedness News

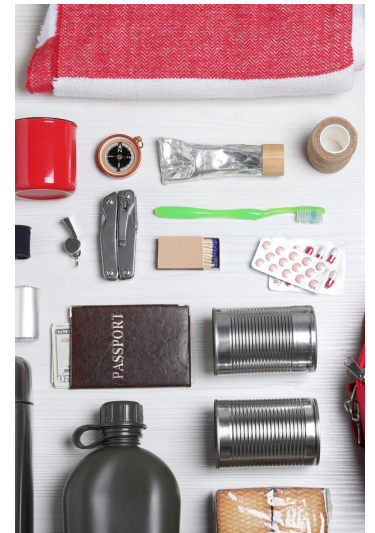
### SEPTEMBER IS EMERGENCY PREPAREDNESS MONTH

National Preparedness Month is an observance each September to raise awareness about the importance of preparing for disasters and emergencies that could happen at any time. This year's theme is "Take Control in 1, 2, 3". The campaign will focus on preparing older adults for disasters, specifically older adults from communities that are disproportionately impacted by the all-hazard events, which continue to threaten the nation (FEMA).



A great way to prepare for emergencies is to build a go-kit. After an emergency, you may be stuck without your usual essential items around your home. Having together your necessities for a time of need is extremely beneficial should you ever need them. Here are items that ready.gov recommends having in your Basic Disaster Supplies Kit.

- Water (one gallon per person per day for several days, for drinking/sanitation)
- Food (at least a several-day supply of non-perishable food)
- Battery-powered or hand crank radio and a NOAA Weather Radio
- Flashlight
- First aid kit
- Extra batteries
- Whistle (to signal for help)
- Dust mask (to help filter contaminated air)
- Plastic sheeting and duct tape (to shelter in place)
- Moist towelettes, garbage bags, and plastic ties (for personal sanitation)
- Wrench or pliers (to turn off utilities)
- Manual can opener (for food)
- Local maps
- Cell phone with chargers and backup battery



Visit [www.ready.gov/kit](http://www.ready.gov/kit) to download a printable version of an Emergency Supply List and to view additional emergency supplies that all should consider adding to their emergency supply kit based on their individual needs.



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## Environmental News

### New Scrap Tire Regulations Coming

The Ohio Environmental Protection Agency (OEPA) is proposing new scrap tire rules for scrap tire facilities. Under Ohio Administrative Code (OAC) 3745-27-57 & 60, the Health Department inspects facilities that store scrap tires to ensure that tires are being disposed of properly and mosquito control measures are in place. The proposed rule changes are to include securing scrap tires that are at facilities and rescinding fire related codes. Fire related codes will be under the jurisdiction of the local fire departments. You can find the full list of rescinded and proposed rules on the OEPA's website or click the QR code for more information.



Source: <https://epa.ohio.gov/divisions-and-offices/materials-and-waste-management/dmwm-programs/scrap-tires>

### CONGRATULATIONS ABBY!

Abby Ross recently successfully completed the National Environmental Health Association's Registered Environmental Health Specialist exam. Abby is now considered a Registered Environmental Health Specialist (REHS), having earned the required two years of experience in August.



### WELCOME PAIGE!

Paige Yerick was recently hired for the summer mosquito surveillance internship. She is currently studying for an Environmental Science Degree at Bowling Green State University. She aspires to specialize in either the water treatment or restoration fields. She hopes to have a productive and fun summer internship learning about the local environmental and public health systems.



### Congratulations Zach & Sierra!

Welcome baby!  
Arthur Roland Perry born  
June 15, 2023  
6 pounds 11 ounces  
20 inches long



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## Nursing News

### Influenza Immunizations

To help fight flu season, The Darke County Health Department will be hosting walk-in flu vaccine clinics Mondays-Thursdays 8:00 a.m. to 4:00 p.m. and Fridays 8:00 a.m. to 12:00 p.m. at the Health Department, 300 Garst Avenue, Greenville. These clinics will operate while supplies last for the months of September and October. No appointments are necessary. Ideally, everyone 6 months and older should get a flu vaccine by the end of October. Flu vaccines can keep you from getting sick with the flu.

If you get vaccinated but still get sick, the flu shot can reduce the severity of illness. The flu vaccine helps prevent tens of thousands of hospitalizations every year. For any questions or additional information on the flu vaccine, please contact the Health Department at 937-548-4196 ext. 224.

Source: [www.cdc.gov/flu/prevent](http://www.cdc.gov/flu/prevent)



### Help Me Grow News

In Darke County, Help Me Grow is experiencing remarkable growth and success. We are providing valuable assistance to over 40 families, and the demand for our support continues to grow, leading to a waiting list of families eagerly seeking our services. It's the exceptional efforts of our dedicated home visitors, Kim and Kelly. Their commitment and compassion have made a lasting impact on the lives of many Darke County families, offering support, guidance, and resources to help them thrive.



### Early Intervention News

Early Intervention's first-ever Father's Day party at the Board of DD was a great success. The event included activities like a fishpond, a duck pond, and various fun games and toys. It gave fathers amazing chances to interact and bond with their children, creating a joyful atmosphere filled with laughter, love, and cherished memories.



# HEALTH LINE

## Health that Matters

### *Mental Health*



#### What is mental health?

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Many of us are facing challenges that can be stressful and overwhelming. Learning to cope with stress in a healthy way will help you, the people you care about, and those around you become more resilient.

#### Stress can cause the following:

- Feelings of fear, anger, sadness, worry, numbness, or frustration.
- Changes in appetite, energy, desires, and interests.
- Trouble concentrating and making decisions.
- Nightmares or problems sleeping.
- Physical reactions, such as headaches, body pains, stomach problems, or skin rashes.
- Worsening of chronic health problems and mental health conditions.
- Increased use of alcohol, illegal drugs (like heroin, cocaine, or methamphetamine), and misuse of prescription drugs (like opioids).

#### What causes mental illness?

There is no single cause for mental illness. A number of factors can contribute to risk for mental illness, such as:

- Adverse Childhood Experiences, such as trauma or a history of abuse (for example, child abuse, sexual assault, witnessing violence, etc.)
- Experiences related to other ongoing (chronic) medical conditions, such as cancer or diabetes
- Biological factors or chemical imbalances in the brain
- Use of alcohol or drugs
- Having feelings of loneliness or isolation



#### Self-Care

Treat yourself to healthy foods and get enough sleep. Take care of your body and get moving to lessen fatigue, anxiety, or sadness. Find new ways to safely connect with family and friends, get support, and share feelings. Care for yourself one small way each day. Take breaks to relax and unwind through yoga, music, gardening, or new hobbies!