

From the Health Commissioner

Heroin use has increased across the U.S. among men and women, most age groups and all income levels. Some of the greatest increases occurred in demographic groups with historically low rates of heroin use; women, the privately insured, and people with higher incomes. Not only are people using heroin, they are also abusing multiple other substances such as prescription opioid painkillers. This is being driven by both cheaper more available heroin and the prescription opioid epidemic. In response to this growing public health issue and to prevent deaths due to heroin overdoses, our department purchased Naloxone (Narcan) and also received a grant from Kaleo Pharmaceutical and received Narcan kits from them. These were distributed to police departments, partnering agencies and clients. This life saving intervention is just one small piece in dealing with this growing epidemic. It will take a multi-disciplinary response from many agencies to address this public health issue in our communities.

Randall M. Flint, RS, MPH
Health Commissioner

Public Health Nursing

Neisseria Meningitides is a bacteria that causes infection around the brain and spinal cord. This same bacteria can also cause blood infections. About one out of every ten people infected will die. Survivors of meningococcal disease may lose their arms or legs, become deaf, suffer long-term neurological problems such as seizures, become developmentally delayed or suffer a stroke. The bacteria is spread by kissing, sharing of nose and throat droplets when sneezing, coughing or sharing a drink. Symptoms include nausea, vomiting, sensitivity to light, confusion, sleepiness and petechiae, a bruise-like rash on the body or the arms and legs.

In Ohio, the most common serotypes of Neisseria Meningitides are B, C and Y. Serogroup B accounts for 33% of all cases across the United States. There is a new vaccine for serogroup B that is recommended for teens and young adults ages 16 through 23 years of age. The meningitis vaccine for serogroups A,C,W and Y is now required before entry into the 7th and 12th grade beginning fall of 2016. Both meningitis vaccines are available through the VFC (Vaccine For Children's) program at our health department. Children birth to 18 years of age who are eligible for the VFC program are those who do not have any health insurance, have some form of Medicaid or are a participating member of a Native American or Alaskan Native or Pacific Islander group.

Newly diagnosed cases of Hepatitis C in Alliance jumped from two in 2014 to 47 in 2015. Hepatitis C is an infection of the liver caused by the Hepatitis C virus. Most people who get infected with Hepatitis C develop a chronic, or lifelong, infection. People with chronic Hepatitis C can suffer serious health problems with liver disease, liver failure, and even liver cancer. Most people become infected by sharing needles, syringes, or any other equipment to inject drugs. Sexual transmission of Hepatitis C is rare, but can happen depending upon sexual practices. Hepatitis C can also be spread when getting tattoos and body piercings in unlicensed facilities, informal settings, or with non-sterile instruments. Many people with Hepatitis C do not have any symptoms and do not know they are infected. If a person does have symptoms, they may include fever, fatigue, lack of appetite, vomiting, dark urine, gray-colored stool, joint



Naloxone administration training.

pain, and yellow skin and eyes. A blood test for Hepatitis C is the only way to know if someone is infected. Currently, there is no vaccine to prevent Hepatitis C, but people can reduce their chances of becoming infected by not sharing or reusing needles, syringes or any other equipment to inject drugs, steroids, hormones, or other substances. Do not share personal items such as razors, nail clippers, toothbrushes or glucose monitors and only go to licensed facilities for tattoos or body piercings.

Project DAWN is a community based drug overdose education and naloxone distribution program. Naloxone is medication that can reverse an overdose caused by an opiate, heroin or Fentanyl. Naloxone has been safely used for over forty years to reverse the effects of opioids on the brain and respiratory system in order to prevent death. Naloxone is harmless if given to a person who is unconscious, but not experiencing an overdose.

Common prescription opiates include oxycodone, hydrocodone, Percocet, Vicodin, Lorcet, Oxycontin, and MS Contin. Many overdoses occur when people mix heroin or prescription opiates with alcohol, benzodiazepines such as Xanax, Klonopin or Valium or anti-depressants. People who have taken a break from using opiates, heroin or Fentanyl due to being in a treatment program, the hospital or in jail have a lower tolerance. Taking opioids, heroin or

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Environmental Health

Environmental public health programs consist of preventing or controlling disease, injury and disability related to the interactions between people and their environment.

The environmental health division licenses and inspects various types of facilities in the City of Alliance. These facilities include food operations, swimming pools, schools, tattoo and body piercing operations. Public health nuisance conditions and housing blight are areas of importance in our community with regard to improving neighborhoods. Additional programs include mosquito control and rabies prevention. Plumbing contractors are required to be registered with the department. Permits and inspections are conducted for all plumbing installations in the City of Alliance. Many of these programs are mandated by the Ohio Department of Health to be performed by local health departments.

Our environmental health division collaborates with the University of Mt. Union Public Health Program. Environmental health staff provide information on programs and services to health education and public health students in the classroom setting. This provides the students with information regarding environmental health programs and their importance in disease prevention and improving health in our community. Students also conduct class projects that assist the health department in providing services to the community. This is an important collaborative linkage for our department. ■



Injury Prevention

The Alliance 44601 zip code area continues to have a high number of childhood injuries each year according to the Stark County Childhood Injury Report produced by the Safe Kids Stark County Coalition. Due to these high numbers, the Alliance Area Childhood Injury Prevention Taskforce was formed and the Parent Series was developed to offer child safety education to parents, grandparents, and care givers on a variety of prevention topics. The 2015 Parent Series offered presentations on burns, fire safety, summer safety and safe sleep education.

Infant sleep related deaths are the second leading cause of deaths for infants under the age of 1 year in Ohio. Our health department participates in the Cribs for Kids program where eligible parents can obtain a portable crib at low cost and receive education on safe sleep practices. In 2015 twelve classes were held and twelve Pack-N-Play cribs were distributed.

Bike helmets for children along with instructions on how to fit a bike helmet are available at a low cost. Please call 330-821-7373 to make an appointment. In 2016 our department will be offering car seat checks. Please watch our Facebook page for car seat check announcements. ■

2015

| | |
|---------------------------------------------------|-------|
| Total Births | 387 |
| Total Deaths | 327 |
| Infant Deaths (less than 1 year) | 2 |
| Fetal Deaths..... | 4 |
| Premature Births | 2 |
| Low Birth Weight (2500 grams or less) | 11 |
| Births to Unwed Mothers..... | 211 |
| Teenage Births (19 years of age or less) | 37 |
| Certified Copies of Births Issued..... | 1,877 |
| Certified Copies of Deaths Issued..... | 1,299 |

Vital Statistics



| | |
|------------------------------------------------|-------|
| Immunization Clinic | |
| Number of Clinics | 166 |
| Immunizations Administered..... | 1,382 |
| Sexually Transmitted Disease Clinic/HIV | |
| Number of Clinics | 106 |
| Number of Visits | 325 |
| Influenza and Pneumonia Clinic | |
| Number of Clinics | 5 |
| Immunizations Administered..... | 262 |
| Tuberculin Skin Testing | |
| Number of Skin Tests | 62 |
| Number of Tests read | 62 |
| WIC Program | |
| Number of Clinics | 239 |
| Number of Visits | 2,929 |
| Home Visits | |
| BCMH Home Visits | 40 |
| Lead Program..... | 8 |
| Lead Program | |
| Elevated Levels Reported | 26 |

Public Health Nursing Statistics



| | |
|---------------------------------------|----|
| Reported Communicable Diseases | |
| Campylobacter..... | 6 |
| Chlamydia | 77 |
| Cryptosporidia | 6 |
| Giardia..... | 3 |
| Gonorrhea..... | 33 |
| Haemophilus..... | 2 |
| Hepatitis A | 2 |
| Hepatitis B | 5 |
| Hepatitis C | 47 |
| Influenza A | 7 |
| Lyme disease | 2 |
| Mumps | 1 |
| Pertussis..... | 4 |
| Salmonella..... | 4 |
| Shigella | 6 |
| Strep Pneumoniae, non-invasive | 1 |

Reported Communicable Diseases



| | |
|--------------------------------|-----|
| Leading Causes of Death | |
| Heart Disease | 100 |
| Cancer | 56 |
| Pulmonary Disease..... | 38 |
| Dementia/Alzheimer's..... | 26 |
| Cerebrovascular | 20 |
| Pneumonia/Influenza | 16 |
| Sepsis | 13 |
| Kidney Disease | 12 |
| Accidents | 10 |
| Liver and Cirrhosis | 8 |
| Suicide | 6 |
| Diabetes | 3 |
| Homicide..... | 3 |
| Other | 16 |

Leading Causes of Death

HIV Counseling & Testing Site

Free and confidential HIV Counseling, Testing, and Referral (CTR) services are offered as part of our weekly walk-in STI clinic. Additional times for testing are available by appointment. We also collaborated with the Columbiana County Health District and the Salem City Health District to offer clinic services once per month at their department. It is recommended that HIV testing become part of routine health care for all persons. Early diagnosis and treatment can greatly extend the lifespan, improve the quality of life, and increase awareness of one's status thereby helping to modify risk behaviors leading to reduced transmission to partners. It is estimated that approximately 200,000 Americans are HIV positive but are unaware of their status per the CDC, and this population unknowingly infects others because they never seek testing.

In 2015 HIV testing was provided for 168 clients at our weekly clinics and also at an off-site clinic held at Kent State University-Stark Campus. Stark County overall remains one of eight counties in the state which accounts for the majority of HIV infections in Ohio.

Our agency utilizes an extremely accurate, rapid HIV test method in our clinics. The test requires a drop of blood from the finger with results in 20 minutes. If the initial test is reactive, a venous sample is then sent to the Ohio Department of Health Lab for confirmatory testing. These results are received within a week and discussed with the client at a pre-scheduled appointment. Referrals to other community agencies are made as needed and/or desired. In addition, the HIV counselor can assist any HIV positive individual in obtaining appropriate case management services.

Although treatment for HIV infection has improved greatly and is much more effective and efficient, the fact remains there is no cure for HIV/AIDS. Prevention is the key and correct, consistent use of condoms is very good at preventing infection. Free condoms are available during routine office hours. Just ask for a "brown bag" at the front desk.

The department is an excellent resource for campus and community groups interested in print information (available in English and Spanish) on STI/HIV prevention, condom donations for special events, and prevention presentations by knowledgeable public health nurses. Interested groups can contact the nursing division. ■

Alliance City Health Department 2015 Financial Report

2015 Income

Vital Statistics

Birth and
Death Certificates **82,976.29**

Nursing and Clinics

Immunization Initiative..... 11,513.79
Medicare Reimbursement 2,415.42
Medicaid Reimbursement..... 10,920.99
BCMH Reimbursement..... 4,630.00
Private Insurance/Client Fees... 10,405.84
MAC Program 17,230.33
WIC Program..... 101,339.53
HIV Prevention..... 8,662.41
Injury Prevention 2,935.41

170,053.72

Environmental Health

Food Licenses 45,204.11
Plumbing Registration
and Permits 18,010.00
Swimming Pool Licenses 3,300.00
Rabies Prevention/Fines 385.00
Tattoo Licenses..... 400.00
Solid Waste Hauler Permits 700.00
Reimbursements..... 510.00

68,509.11

State Subsidy 4,180.73

Total Income 325,719.85

2015 Expenditures

Administrative and
Vital Statistics 267,243.05
Public Health Nursing
Clinics/Grants..... 384,428.41
Environmental Health 196,851.53

Total Expenditures 848,522.99

Environmental Health Statistics for 2015

Licensing Programs

Food Service/
Retail Food Operations..... 149
Mobile Food Service..... 24
Temporary Food Service..... 87
Vending Locations 27
Swimming Pools..... 15
Plumbing Contractors 45
Tattoo/Body Piercing Establishments.... 2

Food Protection Programs

Food Service/
Retail Food Inspections 336
Food Service/
Retail Consultations..... 129
Mobile, Vending and
Temp. Inspections..... 81
Plan Reviews and Consultations 7

Nuisance Control Program

Number of Complaints 203
Number of Inspections 68
Number of Consultations 56

Rabies Control Program

Number of Bites Reported 75
Number of Bites Investigated 75
Laboratory Specimens Tested 1
Rabies Positive Animals..... 0
Post Exposure Rabies Treatment 2

School Program

Number of Inspections..... 21
Number of Consultations..... 6

Plumbing Program

Permits Issued 48
Number of Inspections..... 108

Housing Program

Number of Inspections..... 28
Number of Consultations..... 53
Lead Assessments..... 11
Lead Consultations..... 2
Demolitions 3

Swimming Pool Program

Number of Inspections..... 27
Number of Consultations..... 25

Mosquito Control

Larviciding 27
Mosquito Spraying..... 1

Tattoo Program

Number of Inspections..... 2
Number of Consultations..... 9

Smoke Free Program

Number of Complaints..... 1
Number of Inspections..... 1

Alliance City Health Department

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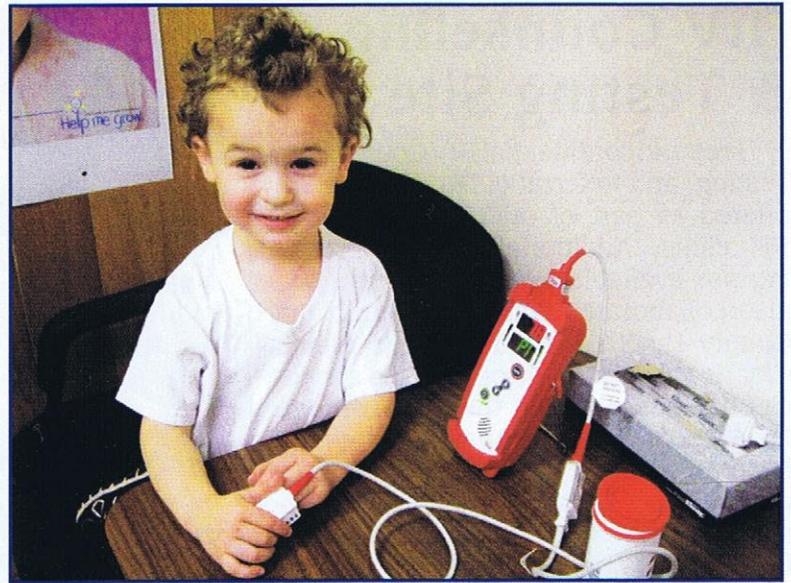
Web Site: www.cityofalliance.com/health

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Alliance City Board of Health



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The WIC Program

WIC is a supplemental nutrition program that provides federal grants to states for supplemental foods, health care referrals, and nutrition and breastfeeding education at no charge for low-income pregnant, breastfeeding, and non-breastfeeding postpartum women, and to infants and children up to age five who are found to be at nutritional risk. In 2015, the Alliance City WIC program served an average of 736 clients monthly and initiated a new system for spending food benefits at the store. State WIC transitioned from paper coupons to an electronic benefit card called the "WIC Nutrition Card". Staff, clients, and vendors continue to adjust and learn the new system which has positively impacted clientele and benefit redemption rates, as well as participant satisfaction. The supplemental foods provided by the WIC program are designed to improve the nutrition and health of the nation's low-income pregnant women, new mothers, infants and young children by providing more healthy choices to meet their needs during critical periods of growth and development. The supplemental foods provided by WIC include low fat milk, 100% unsweetened juice, beans, peanut butter, eggs, cereal, and whole grains and fruits and vegetables. Participants receive personalized food packages and have their package loaded to their WIC Nutrition Card to take to local grocers to redeem their monthly foods. During Ohio's growing season, participants are also given the opportunity to receive additional benefits by participating in the Farmer's Market Nutrition Program, which provides participants with additional benefits for locally grown produce that can be redeemed at the Alliance Farmer's Market as well as other local Farmer's Markets in the Stark County area.

Some examples of medical and nutrition risks found while participating in the WIC program are low iron, slow growth,

high lead levels, high weight for height, smoking inside the home, improper feeding practices for children and infants, and many more. For each risk found, education and community referrals are provided. Aside from individualized nutrition education, group classes are also provided and can be completed via on-site kiosk or bulletin board quiz, as well as off-site using the website www.wichealth.org. Aside from nutrition education, WIC provides participants with breastfeeding education from their first pregnancy appointment and continues this education through their postpartum visits. Research has shown that there is no better food than breast milk for a baby's first year of life and that breastfeeding provides many health, nutritional, economical and emotional benefits to mother and baby. Since a major goal of the WIC Program is to improve the nutritional status of infants, WIC mothers are encouraged to breastfeed their infants. WIC is staffed with a lactation consultant as well as a peer helper who aim to provide education, support, and information for all breastfeeding and non-breastfeeding moms about breastfeeding as well as breast health.

Public Health Nursing

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Fentanyl after a period of not using can place them at higher risk for a fatal overdose.

Participants in the Project DAWN program receive training on recognizing the signs and symptoms of overdose, distinguishing between different types of overdose, performing rescue breathing, calling 911 and administering intranasal or injectable naloxone. The participant then receives a kit with two doses of naloxone, shields for rescue breathing, an instruction booklet, and referral resources for treatment programs. Anyone who has a loved one, household member, or friend that is at risk for an opiate, heroin or Fentanyl overdose can obtain a Project DAWN kit at our health department by calling 330-821-7373. Participants remain confidential and do not have to give the name of the person at risk for an overdose to obtain a kit. ■

Personnel

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