

September 18, 2013

Special Interest Articles:

- Ohio Equity Institute
- September is National Preparedness Month
- Concert Deaths: The Drug Called Molly

Individual Highlights:

September is National Childhood Obesity Awareness Month 2

Get the Lead Out 5K 2

Got Drugs? Medication Take Back Day 3

September is Infant Mortality Awareness Month

September is Infant Mortality Awareness Month and we are encouraging everyone to get involved to help reduce the infant mortality rate, particularly in minority communities. Infant mortality rate is an estimate of the number of infant deaths for every 1,000 live births. Unfortunately, about 25,000 infants die each year in the United States. The top leading causes of infant mortality include babies that are:

- Born with serious birth defects
- Born too small and too early
- Victims of Sudden Infant Death Syndrome
- Affected by maternal complications of pregnancy
- Victims of injuries e.g., suffocation

Pregnancy and childbirth have a huge effect on the health of women and their families. It is important for all women of reproductive age to adopt healthy behaviors such as taking folic acid, maintaining a healthy diet and weight, quitting tobacco use, and visiting your health care provider at the recommended schedule time periods.



To learn more about infant mortality, log on to: <http://www.cdc.gov/features/infantmortality/>

Ohio Institute for Equity in Birth Outcomes

The Ohio Equity Institute is an initiative designed by CityMatCH, a national organization that supports urban maternal and child health efforts at the local level, to strengthen the scientific focus and evidence base for realizing equity in birth outcomes.

OHIO FACTS:

- In 2011, 1,088 infants in Ohio died before their first birthday.
- Ohio's infant mortality (IM) rate exceeds both the national rate of 6.14 per 1,000 live births and the Healthy People 2010 (national public health goal) of 4.5.
- Disparities (differences) between Caucasians and African Americans are growing: the 2010 IM rate for Caucasians is 6.4 and for African Americans it's 15.5
- Ohio's overall IM rate of 7.7 has not substantially change in more than a decade.

The Ohio Department of Health and CityMatCH are partnering with nine Ohio communities, including Lucas County, to improve overall birth outcomes and reduce the racial and ethnic disparities in infant mortality.

For additional information about Ohio's birth outcomes, log on to: <http://www.odh.ohio.gov/>



September is National Childhood Obesity Awareness Month

Approximately 17% of US Children are obese and although some progress has been made, childhood obesity is still a major public health problem. Childhood obesity increases the prevalence of illnesses that were once only seen in adults, such as type 2 diabetes, high blood pressure, and heart disease. Research shows that fruits and vegetables are important in promoting good health, including helping to lose or manage weight. As parents, educators, and health care professionals, we can all help raise awareness about the obesity epidemic by:



- Encouraging families to make small changes, like keeping fresh fruit within their children's reach or going on a family walk after dinner.
- Motivate teachers and administrators to make schools healthier by providing quality nutrition and making sure physical activity is a part of every student's day.
- Ask doctors and nurses to be leaders in their communities by supporting programs to prevent childhood obesity.

To learn more, go to: <http://www.cdc.gov/features/childhoodobesity/index.html>

Some Schools are saying "No Thank You" to the Lunch Program

Some schools are dropping out of the healthier school lunch program because they can't afford to participate. In a survey conducted this summer of more than 520 district nutrition directors, the School Nutrition Association reported that a very small percentage, 1%, of schools, was dropping out of the program for the 2013-2014 school years, and 3% were considering abandoning the program. Children aren't buying the better-for-them options in the cafeteria, and that's leading to a drop in revenue for some schools. Superintendent Teresa Snyder, from the Voorheesville Central School District near Albany, N.Y., stated that the district lost \$30,000 in revenue during the first quarter of the year because of the program because students either brought lunch from home or went without instead of purchasing the healthier option offered in the cafeteria. Schools are reimbursed about \$2.93 per lunch served to a child eligible for free meals by the USDA plus an additional 6¢ per lunch for schools meeting the standards. But for the smaller or nonprofit schools, who may not have enough kids that qualify for these lunches, the higher costs to serve the healthier meals are not covered by this reimbursement.



To read more, log on to: <http://healthland.time.com/2013/08/29/why-some-schools-are-saying-no-thanks-to-the-school-lunch-program/print/>

Get The Lead Out 5K: Childhood Lead Poisoning Prevention

Presented by the Childhood Lead Poisoning Prevention Program of the Toledo-Lucas County Health Department, 5K Race/Walk & Kids 1K

When: Sunday, October, 27, 2013 @ 9 am
 Registration @ 7:30 am
 Kids Race @ 8:30 am

Where: Kenwood Blvd. Shelter, Ottawa Park
 2625 Kenwood Blvd.
 Toledo, OH 43606

Cost: 5K \$20.00 before Sunday, October 13th
 5K \$25.00 Monday, October 14th until Race Day
 1K Kids \$8.00 before Sunday, October 13th w/shirt
 1K Kids \$10.00 Monday, October 14th until Race Day w/shirt

Entry Fees:

- Entry fees payable to: [TLCHD-Get the Lead Out 5K](#)
- On-Line registration available to gettheleadout5k.info
- Mail to: Toledo-Lucas County Health Department, 5K Registration 635 N Erie St. Toledo, OH 43604
- Information? Send an email to debruyns@co.lucas.oh.us or 419-213-4143



E-Cigarettes: Teens are becoming the new users



New data shows an increase of electronic cigarette use among U.S. teenagers. According to the latest data from the National Youth Tobacco Survey, the percentage of middle schools and high school students who have tried e-cigarettes doubles from 3.3% in 2011 to 6.8% in 2012. The Food and Drug Administration plan to regulate these battery-powered devices as tobacco products. E-cigarettes heat solution containing nicotine, which is derived from tobacco leaves, into a vapor that users inhale. “The increased use of e-cigarettes by teens is deeply troubling,” CDC Director Tom Frieden said. “Many teens who start with e-cigarettes may be condemned to struggling with a lifelong addiction to nicotine and conventional cigarettes.”

To read further, log on to: <http://healthland.time.com/2013/09/05/e-cigarettes-finding-new-users-in-teens/>

Concert Deaths: The Drug Called Molly



During Labor Day weekend at a New York electronic music festival, two young adults died after taking apparent overdoses of a drug known on the streets as “molly”. Molly is a new street name for an old drug formerly known as Ecstasy. Ecstasy, or MDMA, 3,4 methylenedioxy-N-methylamphetamine was first created as a diet drug in 1914, and in the 1970’s was used by doctors as an aid in psychotherapy. In the 1980’s and 1990’s it appeared in the club scene as a party drug. Today, the drug is currently in clinical trials as a potential aid to treat post-traumatic stress disorder as well as anxiety in terminal cancer patients. Common side effects include teeth grinding, dehydration, anxiety, insomnia, fever and loss of appetite. More dangerous side effects include hyperthermia, uncontrollable seizures, high blood pressure and depression.

For more information, log on to: <http://healthland.time.com/2013/09/03/concert-deaths-five-myths-about-the-drug-molly/>

Got Drugs? Medication Take Back Day

Medication Take Back Day at the Toledo-Lucas County Health Department
 635 North Erie Street
 October 26, 2013
 10:00 AM – 2:00 PM

Items we CAN accept:

- ✓ Prescription medications
- ✓ Liquid medication
- ✓ Inhalers
- ✓ Ointments or lotions
- ✓ Narcotics
- ✓ Over-the counter meds
- ✓ Medications samples
- ✓ Vitamins
- ✓ Mercury Thermometers

Items we CANNOT accept:

- ✗ Needles, syringes, lancets
- ✗ IV bags
- ✗ Hydrogen peroxide
- ✗ Aerosol cans
- ✗ Personal care products
- ✗ Bloody or infectious waste



Questions? Call (419) 213-4026

September is National Preparedness Month

September 2013 marks the tenth annual National Preparedness Month, sponsored by the Federal Emergency Management Agency in the US Department of Homeland Security. National, regional and local organizations, both public and private are supporting emergency preparedness efforts and encouraging all Americans to take action. You can join the effort by following these four steps:

- **Get a Kit** – If disaster strikes in your community, you may not have access to food, water, or electricity for an undetermined amount of time. Take time to prepare an emergency kit for your entire family.
- **Make a Plan** – Develop a family disaster plan in case you're not together during an emergency. Discuss how you'll contact each other, where you'll meet, and what you would do in various situations.
- **Be Informed** – Check the media, web sites, newspapers, radio, TV, mobile and land phones for global, national and local information. During an emergency, your local Emergency Management or Emergency Services office will provide you with information regarding open shelters and evacuation orders.
- **Get Involved** – Participate in community exercises, volunteer to support local first responders, and/or look into taking first aid and emergency response training.



For additional information on emergency preparedness, log on to:
<http://www.cdc.gov/features/BeReady/>

September is National Cholesterol Education Month

According to the Centers for Disease Control and Prevention, seventy-one million American adults have high cholesterol, but only one-third of them have the condition under control. Cholesterol is a fat-like substance that your body needs. But when you have too much in your blood, it can build up on the walls of your arteries and form blockages. This can lead to heart disease, heart attack, and stroke. You may need to have your cholesterol checked often if any of the following statements applies to you:

- Your total cholesterol is 200 mg/DL or higher.
- You are a man older than age 45 or a woman older than age 50.
- Your HDL cholesterol is lower than 40 mg/DL.
- You have other risk factors for heart disease and stroke.

There are ways to prevent or treat high cholesterol

- Eating a healthy diet.
- Exercising regularly.
- Maintaining a healthy weight
- Not smoking.

To learn more about high cholesterol, go to:
<http://www.cdc.gov/features/CholesterolAwareness/>



**Questions, comments,
article suggestions,
inquire to:**

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We Want Your Input

Holding a training and want others to know about it? Have something you want to share – information from a conference, a presentation you will be conducting, or an interesting article? Send us the details and we will be happy to include it in the next issue of the newsletter. Your feedback is also welcomed!



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What's on your mind?

Toledo-Lucas County Health Department via CDC
Who said learning isn't fun? Check out CDC's graphic novel "Preparedness 101: Zombie Pandemic." Follow Todd, Julie, and Max as they try to avoid a strange new disease turning everyone into zombies. A surprise ending reminds everyone why it's important to be prepared for all emergencies. Use the checklist included in the novel to get your family ready before disaster strikes.

CDC - Office of Public Health Preparedness and Response: Zombies
www.cdc.gov
Office of Public Health Preparedness and Response

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