

Meeting Minutes

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|--|--|--|--------------------------|
| Meeting Name: Board of Health | | Location: Massillon City Health Department | |
| Date: September 24, 2019 | | Start Time: 3:40pm | Stop Time: 4:04pm |
| Recorded by: Terri Argent | | Opened by: Mayor Kathy Catazaro-Perry, President of the Board | |
| | | | |
| Attendees: Jeff Thornberry Cathy Heitger Pastor Reginald Hye | | Staff Present: Terri Argent | |
| MINUTES | | | |
| <p>1. On a motion by Cathy Heitger, and seconded by Pastor Reginald Hye, approval was given to approve the August 2019 meeting minutes as mailed. Motion carried.</p> <p>2. On a motion by Pastor Reginald Hye, and seconded by Cathy Heitger, approval was given to pay the August bills for the Health department in the amount of \$8,920.74, and for the WIC department in the amount of \$11,076.30 for a total amount of \$19,997.04. Motion carried.</p> <p>3. The monthly Vital Statistics, Environmental, and Nursing Division reports for August were accepted and approved without comment.</p> | | | |
| ACTION ITEMS | | | |
| <u>Old Business</u> | | | |
| <p>1. Accreditation update</p> <p>a. Terri Argent handed out updates</p> <p>2. Update on Neighborhood Pest Program</p> <p>a. Eleven pests were eliminated from the targeted Northeast neighborhood</p> | | | |
| <u>New Business</u> | | | |
| <p>1. Approval to close for half-day cultural training on October 25, 2019 from 8am – 12pm.</p> <p>a. This is for Cultural Competency training by Isaac Baez from Stark MHAR. On a motion by Cathy Heitger, and seconded by Pastor Reginald Hye, approval was given to close for half-day on October 25, 2019. Motion carried.</p> | | | |

Meeting Minutes

New Business (continued)

2. Presentation of preliminary findings of the Community Health Assessment
 - a. See handout

3. New emerging issues in public health
 - Firearm-related violence
 - a. The governor is considering legislation to control gun violence. This is supported by AOHC. See handout.
 - Vaping
 - b. Health officials are investigating reports of severe pulmonary illness and 7 deaths have been reported in connection with vaping. The Massillon City Health department will continue to monitor reports of this emerging threat to public health.

4. The Massillon City Health department will be starting our Christmas Break food drive on November 1, 2019.
 - a. Donations are welcome

5. Recognition of a job well done for Audrey Sylvester on her Buddy Bench campaign.
 - a. The Board commends Audrey on a job well done and valuable community outreach.

6. Distribution of fact sheets “How to Dispose of Unused Medicine” and “The Facts about Bed Bugs”
 - a. See handouts

APPROVAL

These minutes represent a true and accurate record of this meeting to be the best of my knowledge.

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|--------------------------------------|---------------|---------|
| Meeting minutes submitted by: | Cathy Heitger | 9/24/19 |
|--------------------------------------|---------------|---------|

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| Meeting minutes submitted by: | Pastor Reginald Hye | 9/24/19 |
|--------------------------------------|---------------------|---------|


Jeff Thornberry

President Pro-tem of the Board


Terri D. Argent, Health Commissioner

Secretary of the Board



Board of Health Accreditation Update

| Date | Domains | Progress | Meetings | Trainings | Improvement Projects |
|--------|-----------|----------|---|--|---|
| 19-Aug | Domain 1 | 25% | The neighbor-hood Fair committee is planning another fair on the SW side in September | Audrey attended accreditation for PHAB in Virginia. The training begins our document uploading to PHAB | Buddy benches being painted now for placing at the schools |
| | | | | Terri completed CPR, AED, First Aid, Naloxone training | New folders designed for clients to organize WIC papers |
| | Domain 3 | 65% | | | School supplies were delivered to Franklin School today - we filled the SUV with supplies |
| | | | | | We begin our Christmas food drive collection in 2 weeks |
| | Domain 6 | 60% | | | |
| | Domain 8 | 90% | | | |
| | Domain 11 | 70% | | | |
| | Domain 12 | 80% | | | |



MASSILLON CITY COMMUNITY HEALTH ASSESSMENT

August 10, 2019

July 1, 2019 through July 22, 2019 the Massillon City Health Department conducted a survey of Massillon Citizens to determine gaps and needs in the health system of the Massillon community.

We received responses from 134 people from various sectors of the community for our community health assessment. Responses were generated by a survey sent by email, face book, and the newspaper. Responses were electronically through Google Survey. We also received data from a focus group of senior citizens in our "Matter of Balance" class. These responses were delivered on paper.

Our respondents were aged 26- 80 years old. The largest percentage of citizens surveyed, (84%), had a high school diploma or higher degree. 73% were married, 94.4% were employed or retired, and 81% owned their homes. Transportation did not appear to be a concern, as 93.2% owned a vehicle.

Some of the most concerning issues raised by the survey were:

- 21.5% of smokers were interested in quitting.
- 80.3% of responders considered the use of heroin, fentanyl, and opioids to be a serious concern in the community.
- 42% of people keep unused medications in case they are needed in the future.
- 71.4% considered infant mortality to be a health issue in Massillon.
- 22% had them or a family member that had difficulty obtaining needed mental health services.
- 33.3% do no exercise
- 79.5% consider themselves overweight.
- 50.4% did not get a flu shot in the past year.

8/10/2019



The following Chronic Diseases were concerns:

- Diabetes 58.3%
- Arthritis 52.4%
- Heart Disease 47.6%
- Cancer 47.6%
- Asthma 32.1%
- Stroke 21.4%
- Alzheimer's 11.9%
- Kidney Disease 10.7%
- Lower Respiratory Diseases 10.7%

8/10/2019



MASSILLON SENIOR CITIZENS

Our senior citizens focus group showed very similar results. We had 17 seniors that responded to our survey questions and participated in our improvement discussions.

The following chronic diseases were listed as concerns:

- High blood pressure 53%
- Heart disease 41%
- Arthritis 41%
- Diabetes 29%
- Cancer 29%
- Asthma 24%
- Stroke 18%
- Kidney disease 12%

Seniors listed high out-of-pocket costs and transportation problems to be the biggest barriers to getting needed health services. They also considered low income citizens to have the most difficult time getting health care.



MASSILLON HISPANIC POPULATION

A statistic that is unique to the Massillon City Health department is that 20% of our clients for our nursing and WIC divisions are Hispanic, both English speaking and Spanish or regional languages. County Health Rankings and the Stark County Census report showed that the county statistics for Hispanic citizens was only 2% of the total population. This provides a challenge to our staff to make sure we offer equitable services and opportunities to these citizens.

To address the issues that arise from language differences the Health Department has engaged a teacher to teach the staff Spanish language lessons once per month.

MCHD has also contracted with a company called Vocalink for translation services such as by phone, conference call, and document translation. This service provides clients with immediate 24 hour translation services for Spanish and many other languages as needed.

9/10/2019



8/10/2019

The results of this survey and senior's focus group showed gaps in the health care system in the Massillon community. The needs of this community very closely correspond to the deficits in health care in the state and Stark County community needs assessments. The areas of concern were:

- Infant mortality- 71.4% of citizens considered maternal and infant health to be a concern.
- Mental health- 80.3% considered drug abuse to be a problem. 42% didn't know a safe way to dispose of unused medications. 22% cited difficulty in obtaining mental health services. 20% of clients served by our Health department speak little or no English.
- Chronic disease and healthy lifestyles- 21.5% of responders were interested in quitting smoking. 79.5% consider themselves to be overweight. 50.4% of citizens did not get a flu shot in the past year. Chronic diseases of concern were diabetes and high blood pressure, among others.

With the Massillon City Health Department staff, Massillon citizens, community partners, and city leaders and officials, we will be addressing these issues and considering ways of improving the quality, equity, and availability of these health care concerns. Solutions will be addresses in the Stark County Community Health Improvement Plan and the Massillon City Health Improvement Plan.

Massillon as many valuable resources to consider in tackling these issues. For recreation and physical activity we are fortunate in being situated on 2 different walking paths, the Ohio Erie Canal Towpath Trail and the Sippo Valley trail. In the town proper is the Massillon Recreation Center and the Massillon YMCA. For medical needs for income challenged citizens there is Lifecare, a Federally Qualified Health Care Center, Pregnancy Choices, and the Health Department, available for mothers and infants care. Stark MHAR offers mental health services and cultural competency training and Massillon's Mayor, in cooperation with the Massillon schools, has an ongoing kindness campaign. Massillon Rotary and the

Health Department is currently installing Buddy Benches in all school playgrounds to encourage support and anti-bullying.



COMMUNITY HEALTH IMPROVEMENT ACTIVITIES

MENTAL HEALTH

- Opioid task force
- Buddy benches in schools-promotes anti-bullying
- Cultural competency training of all staff (StarkMHAR)
- Mayor's kindness campaign-committee member and promoters
- Spanish language lessons- all staff
- Matter of balance for senior citizens
- Alcohol screening and intervention for WIC pregnant women

ACCESS TO HEALTH CARE

- Vaccines at homeless shelter
- Cultural competence training all staff (Stark MHAR)

INFANT MORTALITY/MATERNAL AND INFANT HEALTH

- Infant and toddler car seat fitting and training
- THRIVE infant mortality committee
- Cribs for kids-free pack and play for income qualified families
- Safe sleep screening for WIC women and infants

HEALTHY LIFESTYLES/CHRONIC DISEASE

- Know your numbers- free health vitals screening MCHD and remote locations
- Backpacks for school supplies for Franklin Elementary kids in need
- Christmas food drive- donations provide food for school kids over Christmas break
- Matter of balance for senior citizens
- Nutrition education and dietetic counselling for WIC participants



110 A Northwoods Blvd.
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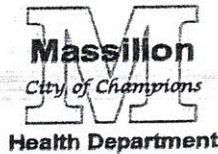
Ohio's 113 Local Health Districts (LHDs) are charged with the primary responsibility of preventing illness and injury, promoting a sustainable public health infrastructure, and protecting the health and well-being of their respective communities. To support these foundational public health services, the Association of Ohio Health Commissioners (AOHC) provides leadership and advocacy efforts on behalf of, and in conjunction with LHDs.

Regarding injury prevention, AOHC recognizes that firearm-related violence is a national public health issue. As such, the core public health functions of assessment, policy development and assurance should be used to reduce the burden and impact of firearm-related injury and death. AOHC recommends preventing this cause of injury and death through the same public health lens used to address other multi-faceted health issues such as infant mortality, food insecurity, preventable chronic diseases, mental health and substance misuse / abuse.

Preventing firearm-related violence must begin with an understanding of the epidemiology data to guide evidence-based interventions. The data and scientific evidence tell us the common assumption that individuals with mental illness are more likely to commit firearm-related violence is false. Acts of firearm-related violence are more deeply rooted in the social determinants of health.

The current national and state climates on reducing firearm-related violence mandate building the public health infrastructure to address violence and its root causes. AOHC has determined the following positions as critical to reducing firearm-related injuries and deaths to improve the health and safety of all Ohio communities, and is encouraging Ohio's 113 LHDs to embrace their role in responding to this crisis.

- Adopt a multi-sector public health system approach to prevent firearm-related violence.
- Public health advocacy and practices should establish conformity with the U.S. Constitution Bill of Rights Second Amendment.
- Advocate for background checks to be conducted on all firearm purchases.
- Support federal and state research on firearm-related violence to understand patterns of injury and death and to inform evidence-based interventions.
- Support enhanced efforts to reduce intimate partner violence through the judicial system.
- Support the enactment of Extreme Protection Order laws through the judicial system.
- Implement uniform, state-wide public awareness and education to promote safe firearm ownership and storage.
- Implement screening and education "family fire" prevention efforts by health care and social service providers and public health workers.
- Support the increase of behavioral health care capacity and accessibility.
- Support community and school-based prevention programs to achieve collective impact.



HOW TO DISPOSE OF UNUSED MEDICINE



FACT SHEET

In a survey conducted with the citizens of Massillon, it was revealed that 42% of citizens keep their unused medications, not knowing the proper way to dispose of unused and expired medicine.

The Massillon City Health Department advises citizens not to keep unused or expired medicine, both prescription and over-the-counter, in their homes. Expired medicine can change over time and become unsafe. Unused medicines could be taken by mistake or by friends or family and cause harm. Unused drugs can poison children and pets.

The best way to dispose of unused and expired medicine is at a drug take-back site. The Massillon City Police Department is our local take-back site. The collection box is in the lobby of the Police Department, is free of charge and is open 24/7. Medicines must be in their original containers with labels intact. They collect pills and capsules, no liquids or needles. To dispose of needles, inhalers, etc. call your pharmacist for recommendations.

If you can't get to the Police Station, some medications can be disposed of at home. Follow these steps to safely dispose of pills and capsules:

- Take medicines out of their original containers and mix them with dirt, kitty litter, or used coffee grounds.
- Put the drug mixture in a container with a lid, like an empty margarine tub, and dispose of it in the trash. Local trash services do not accept controlled drugs like opioids.
- Scratch out or cover personal information and the prescription number (Rx) on the pill bottle and throw the container in the trash.

The Massillon Waste-Water Division advises against flushing or putting any medications down the drain. Medicines cannot be completely filtered from the treated water and end up in the river, poisoning the water and the animals.

A very important step in the prevention of drug poisoning and drug abuse is the safe and proper disposal of medications. Don't keep unused or expired medicine in your home. Get rid of drugs at the Police Department or safely at home. You can also call your pharmacist for further disposal directions. The following websites are great resources for disposal instructions:

www.dea.gov

www.epa.gov

www.fda.gov

www.go.usa.gov/xNw9S

9/3/2019

THE FACTS ABOUT BED BUGS

WHAT ARE BED BUGS?

Bed bugs are small wingless insects that feed on the blood of warm-blooded mammals, specifically humans. Bed bugs are typically nocturnal, so they generally come out at night to feed. They are not associated with dirty living conditions, yet, are more likely found in areas where people move frequently, such as apartments, hotels, dorms, etc.

Bed bugs are on the rise across the U.S., but in Ohio the problem runs rampant (see right). It is important to remember, any of us may fall victim to a bed bug infestation. Educating yourself about bed bugs and implementing a few preventive measures into your daily life, is the best defense in preventing an infestation in your own home.



Worst Bed Bug Cities in the U.S. 2013

1. Chicago, Illinois
2. Los Angeles, California
3. **Columbus, Ohio**
4. Detroit, Michigan
5. **Cincinnati, Ohio**
6. **Cleveland/Akron/Canton, Ohio**
7. **Dayton, Ohio**
8. Washington, DC
9. Denver, Colorado
10. Indianapolis, Indiana

Source: Terminix

DID YOU KNOW?

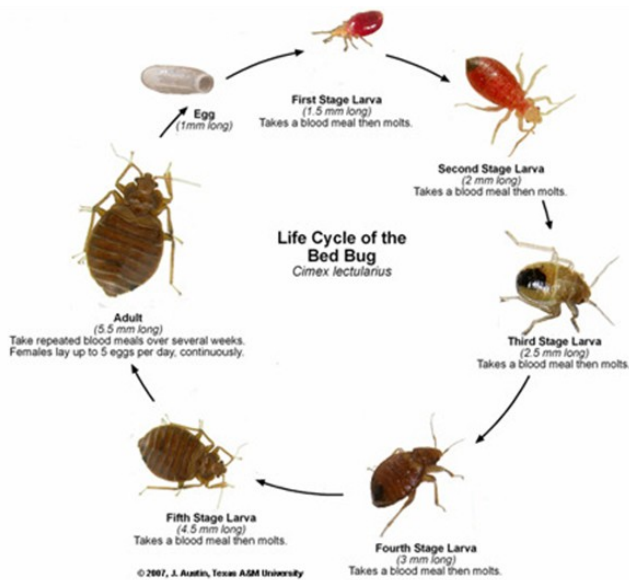
There are many myths associated with bed bugs. Here are a few truths:

- A single pregnant female bed bug can start an infestation.
- Bed bugs crawl, but do NOT fly or jump.
- One female bed bug can lay over 500 eggs per lifetime.
- A bed bug's lifespan is 12-18 months.
- They feed on blood, but can survive for over a year without a blood meal.
- Bed bugs are not known to transmit any diseases.
- Newly hatched bed bugs are the size of a poppy seed and grow to the size of an apple seed.
- They are great hitchhikers, moving from place to place on an individual's belongings.
- People don't have bed bugs but their belongings do!
- Anyone is susceptible to a bed bug infestation, even you!

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LIFE CYCLE OF A BED BUG



The female bed bug has the ability to lay 1-12 eggs per day. She will “glue” the egg into a crack or crevice. It takes 1-2 weeks for the eggs to hatch. Once first born a bed bug is the size of a poppy seed and opaque in color until their exoskeleton hardens to be a deep red-brown.

The bug goes through five molts of their exoskeleton before reaching maturity. The bed bug must have a

blood meal at each stage. They will shed their old exoskeleton each stage before growing. Full maturity may take a few months.

The adult bed bug will be the size of an apple seed. The typical lifespan lasts 12-18 months. The bug may even go into a dormant period while a food source is scarce.

One pregnant female has the potential of creating an infestation of over 13,000 bugs in just six months!

HOW ARE THEY TRANSPORTED?

“MANY PEOPLE SUSPECT USED ITEMS AS A SOURCE OF BED BUGS, BUT **NEW** ITEMS?”

For the most part humans do a fantastic job moving bed bugs from location to location. They hide in our purses, backpacks, coats, etc. and as we visit others they crawl out to begin a new infestation in someone else’s home.

Another way we bring bed bugs into our homes is through second-hand

clothing, furniture or household items. Be cautious when purchasing these items.

We all love a great deal, but be suspect of large items on the curb out with the trash. Most people don’t throw away all of their belongings at once, unless infested.

Many people suspect used items as a source of bed bugs, but new items?

Unfortunately, we do have to be cautious with these new items too!

Lastly, we see bed bugs move from one apartment or condo to another. Bed bugs can crawl along electrical wiring, plumbing, etc.. If the apartment next to you has a problem you may too in the near future!

WHERE DO THEY HIDE?



The above picture shows live bugs and black fecal staining within a mattress seam.

Bed bugs love to be hidden in cracks and crevices typically near their food source, **YOU!** So begin your search in the rooms people sleep, bedrooms, living room, den, etc. Use a magnifying glass to look for live bugs, shed exoskeletons and small fecal spotting (dark colored staining) in the following areas:

- Around the mattress, particularly the seam
- Box spring
- Bed frame
- Behind the headboard
- Bedding
- Behind molding
- Under carpet
- Nightstand
- Dressers
- Upholstered furniture
- Under electrical plates
- Couches
- Behind wall hangings
- In lighting fixtures
- Drapes/curtains

PREVENTION

Of course you can never eliminate your risk of bed bugs 100%, but you can greatly reduce your chance of bringing them into your home by following these prevention tips.

Examine all new and second hand purchases before they are brought into your home. All washable items may be run in the hot cycle of your washing machine or placed in a hot dryer. Bed bugs die immediately when exposed to

temperatures of 120°F. Household items may be wiped down with rubbing alcohol to kill bugs/eggs. Then throw away all packing material as soon as possible.

When travelling look around the bed for signs of bed bugs. Keep your belongings in your luggage on a luggage rack, hung in the closet or in the bathroom. Avoid placing belongings on the bed or in the dresser. Upon return wash all items in hot water

and run through the dryer.

Never bring back packs, purses or luggage into your bed rooms. Keep these items in a garage, basement or near the front of your home. You may have picked up a visitor and the last thing you want is to bring them directly into the area where you sleep.

A few simple lifestyle changes may save your home from a massive infestation!

“BED BUGS DIE
IMMEDIATELY
WHEN EXPOSED
TO
TEMPERATURES
OF 120°F”

ARE BED BUGS A HEALTH CONCERN?

Bed bugs are NOT known to transmit disease. Although some people may have an allergic reaction to their bites.

The bite itself is so small that it may not leave a visible mark. When the bed bug goes to feed they inject a substance into the victim. The bugs inject an anticoagulant so the blood will flow freely.

Approximately half the population has a reaction to the anticoagulant which may result in a rash. The rash may be very itchy and cause people to scratch. Anytime there is a break in the skin a person is susceptible to a secondary infection. Wash the bites with warm soapy water and treat with an anti-itch cream.

It is very possible for some family members to develop a rash and not others in the same family. Also, the rash may develop days after the initial bite. Waiting for visible bites marks to indicate a problem would not be recommended. Routinely, check around your sleeping area for signs of bed bugs .



An allergic reaction to bed bug bites.

TREATMENT OPTIONS

Professional treatment may be more expensive than over-the-counter treatment options, but they will be more effective.

Professional “crack and crevice” chemical treatment is the most common of the treatment options. The homeowner or tenant will have to reduce the clutter in the home and clean clothing as

directed by the Pest Control Company for effective treatment. Chemical treatment may take several applications.

Heat treatment has a near 100% kill rate, if done properly. Your home and its belongings are safely heat treated to well above the kill temperature of a bed bug and sustained for several hours.

This type of treatment should be left to the professionals.

Many homeowners want to do treatments themselves, in most situations it is not advised. Please do not set off bug bugs, which cause the bugs to scatter and worsen your situation. The chemicals you can purchase without a license are not very effective on this elusive insect.



Computers are used to control the temperature during whole house heat treatments.



STARK COUNTY BED BUG PREVENTION TASK FORCE

Stark County Health Department
330-493-9904
starkhealth.org

Alliance City Health Department
330-821-7373
cityofalliance.com/health

Massillon City Health Department
330-830-1710
massillonohio.com/health

Canton City Health Department
330-489-3231
cantonhealth.org

THE STARK COUNTY BED BUG TASK FORCE

The Task Force was created in 2010 to educate the community on bed bug prevention and treatment options, in order to control the bed bug situation. The Task Force consists of 18 organizations throughout Stark County such as health departments, school administration, homeless shelters, transportation and pest control companies. Over the past three years the Task Force has focused on community outreach and education through trainings and presentations, as well as, assisting community businesses and organizations create bed bug protocols. Over thirty community businesses and organizations have been trained, reaching approximately 1,800 individuals.

The Task Force meets bi-annually, on the third Thursday of April and October. If you are interested attending a Task Force meeting or receiving a training for your staff please contact, Courtney Myers at myersc@starkhealth.org or Kelly Potkay at potkayk@starkhealth.org for more information.

LANDLORD VS. TENANT?

Whether you are a landlord or a tenant you may be forced to deal with a bed bug situation. Open communication between the two parties is the best strategy, so if you suspect a problem please inform the

other party as soon as possible.

Unless specifically stated in your lease agreement the responsible party for payment of a treatment is a gray area. It is best to work together to get the situation

under control.

Landlords must remember that bed bugs can live over a year in a dormant state, so even if your current tenants leave, you will still stuck with an infestation. Many times working alongside

the current tenant may be the best strategy.

The tenant does have responsibility in preparing the home for treatment and may be expected to follow the Pest Control Company's protocol.

HOW TO CHOOSE A PEST CONTROL COMPANY?

Trying to find a professional to treat for bed bugs can be an overwhelming task. Knowing what questions to ask will help you make an informed decision.

First, most companies will perform a free inspection to identify the insect properly and determine the extent of the infestation. Be leery of a

company that will quote rates over the phone without seeing your situation first.

Many companies can provide chemical treatment, heat treatment or a combination of both. Ask about which would be most effect for your home.

If you decide to use chemical treatment, ask about a guarantee. Since repeat

applications is typically needed, find out how many visits will be covered under the agreement and will a follow-up inspection be done. Then make sure they are currently licensed through the Department of Agriculture, www.agri.ohio.gov/.

Lastly, speak to the technician about your responsibilities

prior and following treatment. Protocols have been developed to make sure treatment will be most effective. Make sure you are capable of doing the necessary cleaning. If not, you may consider hiring an independent company to assist you.

Watch our bed bug videos on YouTube www.youtube.com/user/StarkHealth