

500 Market Street 6th Floor Steubenville, OH 43952 740-283-8530

# **Board of Health & Staff**

### **Board Members**

Clark J. Crago, President Jean-Philippe Rigaud, Vice President R. Terry Bell Patrick Macedonia, MD Anthony Mougianis

#### **Administrative Division**

Andrew Henry, Health Commissioner Janie Culp, MD, Medical Director Kelly Wilson, Director of Finance Michele Henry, Administrative Assistant Sheryl Suppa, Vital Statistics Registrar/Finance

#### **Environmental Division**

Marc Maragos, Registered Sanitarian, Director Carla Gampolo, Registered Sanitarian Jack McGuire, Registered Sanitarian Emma Gray, Sanitarian in Training Linda Agresta, Environmental Clerk/Vital Statistics Rick Stead, Public Health Emergency Preparedness (PHEP)

### **Clinical Division (Nursing)**

Hannah Piko, RN, Director Danielle Czuchran, RN Kylie Smogonovich, RN Rachel Shorac, Medical Assistant Jane Klug, Administrative Assistant/Vital Statistics

#### WIC

Stephanie Chester, RN, Director Jackie Dinofrio, RN Kim Walters, WIC Clerk Crystal Wickham, Breastfeeding Peer Helper

# A Message from the Health Commissioner



On behalf of the Board of Health and our staff, I am pleased to present the 2022 Jefferson County General Health District (JCGHD) Annual Report.

The year 2022 saw a major shift in public health practice back to pre-pandemic operations. While it was undoubtedly a breath of fresh air for the Board of Health and our staff, it also led to new challenges that many of us had not previously experienced. Nevertheless, new challenges were welcomed as it allowed us to

step-back and refocus on better ways to positively impact our community.

In the year 2022, we completed both our Community Health Assessment (CHA) and subsequent Community Health Improvement Plan (CHIP). We are excited to put our CHIP to use in 2023 as it will serve as our roadmap for community health throughout the next several years. The priorities identified in our CHIP include Maternal and Child Health, Mental Health and Substance Use, Environmental Health and a Healthier Community. We look forward to recrafting our Strategic Plan around these priorities.

In addition to our commitment to community health improvement, we are also dedicated to quality improvement with our internal operations. Serving the residents of Jefferson County with the utmost transparency is a key priority for the Board of Health and JCGHD leadership.

Thank you for the support and we look forward to serving our residents in 2023!

Sincerely,

Ander A Hors

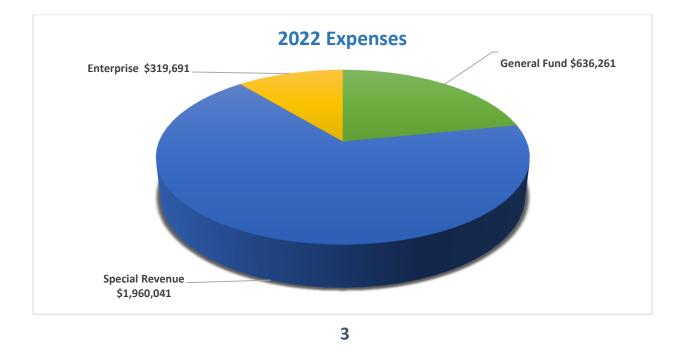
Andrew Henry Health Commissioner

# **Administrative - Finance**

2022 Ending Balance: \$1,548,779.89 2022 Receipts General Fund \$1,105,028 Special Revenue \$1,935,898

\$1,153,976.31

2022 Beginning Balance:



### Jefferson County General Health District Fund Balance Summary 12/31/2022

		1/1/2022						12/31/2022
	Beg	inning Balance	2	2022 Receipts	2	2022 Expenses	End	ing Cash Balance
General Fund	\$	61,957.88	\$	1,105,028.13	\$	636,261.02	\$	530,724.99
Enterprise Fund	\$	162,675.83	\$	269,870.50	\$	319,690.99	\$	112,855.34
Special Revenue Fund	\$	929,342.60	\$	1,935,898.17	\$	1,960,041.21	\$	905,199.56
	\$	1,153,976.31	\$	3,310,796.80	\$	2,915,993.22	\$	1,548,779.89
General Fund Comprised of District Board of Health Vital Statistics Nursing TB BCMH	of:					\$ \$ \$ \$ \$ \$	67,10 24,00 85	14.50 08.20 07.08 52.41
Toronto						ې <b>\$</b>	52,62 530,72	25.63 <b>24.99</b>
Enterprise Funds Compris Food Service Environmental/Sewage Water Swimming Pools Trailer Parks Plumbing Parks & Camps Tattoo	ed of:					\$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$	10,90 21,2 8 6,00 19,4	22.27 51.64 19.28 97.90 58.54 58.17 56.82 70.72
Special Revenue Funds Co	mpris	ed of:				Ş	112,03	5.54
HEAL Grant CD & D PHEP Grant Vaccine Equity Grant HIV Grant Maternal Child Health Gr Cribs 4 Kids Grant	ant					\$ \$ \$ \$ \$ \$ \$ \$ \$ \$	567,3 55,1 4,00 2,96 122,24 40,84	50.96 06.27 66.47 15.98 47.50
WIC Grant Immunization (Get Vacci RadX Grant Public Health Workforce Severance Fund Covid 19 Grants Mosquito Grant PNC Wellness on Wheels Covid Needs Grant	Gran	t				\$ \$ \$ \$ \$ \$ \$ \$ \$ \$	21,94 42 2,2( 37,8( 6,19 11,84 5,7{	10.59 49.21 20.07 08.91 09.12 06.16 0.00 42.94 39.27
Covid Detection & Mitiga	ition					\$ \$	905,19	68.68 1 <b>9.56</b>
						\$	1,548,77	0 90

# **Environmental Division**

The Environmental Division works to advance policies and programs to reduce environmental exposures in the air, water, soil, and food to protect people and provide communities with healthier environments.

The environmental team is comprised of three registered sanitarians, one of who also serves as Environmental Director, one sanitarian-in-training and a contracted plumbing inspector. They work to ensure that restaurants and retail food establishments meet local and state guidelines. In addition, they regulate residential private water systems, sewage treatment systems, tattoo and body piercing facilities, landfills, jails and correctional facilities, schools, point of sale (loan) evaluations, swimming pools, and campgrounds.

The environmental division also inspects public nuisances such as illegal sewage discharges, trash accumulations, rodent and other animal and insect disease vectors, and other potential public health hazards.

### FOOD PROGRAM

The Food Protection Program works to ensure the safety of food prepared, served and sold in Jefferson County through inspections, enforcement and education. The food program year runs from March 1<sup>st</sup> through the last day of February. The food program has



two branches of regulatory bodies that provide oversight. The Ohio Department of Health oversees food service operations and the Ohio Department of Agriculture oversees retail food establishments. The inspections help to provide residents with safe food that is served at restaurants, retail food establishments, mobile food operations and temporary food events located in our county.

Inspection Type	Food Permits
Standard	563
Mobile	49
Temporary	13
Vending	7
Total	632

### SOLID WASTE PROGRAM



One of the most well-known areas of our Environmental Division is the Solid Waste Program. The Solid Waste program is an optional program for local health departments. We are on the Ohio Environmental Protection Agency's solid waste approved list of health departments. As such, we partner with the Environmental Protection Agency (EPA) to provide local operational enforcement of the EPA regulations. In 2022, we conducted the following

inspections: 12 quarterly inspections, 36 focused inspections, and 44 odor patrols. All quarterly inspections were completed for CD&D (Crossridge), Hollow Rock, Cardinal, Steubenville City Landfill and Trinity Health System Autoclave. The following had one (1) inspection each: T, Bedway Landfill (closed), Stratton Landfill (closed), and Total Lawn (Compost Facility).

### **SEWAGE PROGRAM**

77 Septic System Installation Permits were issued in 2022

Location	Permits to Install	Location	Permits to Install
Brush Creek	1	Saline	5
Cross Creek	2	Smithfield	4
Island Creek	8	Springfield	5
Knox	12	Steubenville	1
Mt. Pleasant	11	Warren	5
Ross	0	Wayne	7
Salem	10	Wells	6
Total			77

#### 68 Septic System Permits to Operate were issued in 2022

Location	Permits to Operate	Location	Permits to Operate
Brush Creek	0	Saline	3
Cross Creek	1	Smithfield	7
Island Creek	6	Springfield	8

Knox	9	Steubenville	1
Mt. Pleasant	5	Warren	4
Ross	0	Wayne	8
Salem	10	Wells	6
Total			68

### SEMI-PUBLIC SEWAGE TREATMENT SYSTEMS

59 <u>Semi-Public Sewage Treatment Systems</u> were registered in 2022. These systems require annual inspection and all were completed in 2022.

### **PRIVATE WATER SYSTEMS**

The Jefferson County General Health District inspects the construction of private water systems and collect water samples to ensure that water being consumed is free of bacterial contamination and therefore is safe to drink.



122 water samples were taken to be submitted for bacterial analysis in 2022.

The Jefferson County General Health District is responsible for the following water inspection/sample collection activities within the boundaries of Jefferson County.

- Point of Sale program: In Jefferson County, any time a home is sold having a well, the water and sewage system must be inspected prior to the closing of the sale.
- New well construction/installation
- Existing wells

19 Private Water Systems were installed in 2022.

Location	Private Water Systems Installed
Island Creek	4
Knox	2
Mt. Pleasant	5
Ross	1
Saline	1
Smithfield	2
Springfield	3
Wayne	1
Total	19

### PUBLIC HEALTH NUISANCE INVESTIGATIONS



A Public Health Nuisance means "any condition which is injurious or potentially injurious to the health and safety of the public, or which pollutes the air, land, or water". A public nuisance affects the public as a class, not merely one person or a group of citizens. Regulations do not give us authority over indoor housing

conditions for homeowners. Some examples of nuisance conditions may include improper storage of garbage, rodents, accumulation of animal wastes, and standing water. Investigations are conducted to determine whether a public health nuisance does in fact exist. Abatement of nuisances is pursued to properly correct any such conditions.

A total of 98 <u>Public Health Nuisance Investigations</u> were conducted in 2022. The following chart shows a breakdown of the complaints by county location.

Location	Nuisance Investigations	Location	Nuisance Investigations
Brush Creek	0	Springfield	1
Cross Creek	5	Warren	5
Island Creek	5	Wayne	1
Knox	3	Wells	3
Mt. Pleasant	6	Village of Mingo	0
Salem	3	Steubenville City	17
Saline	5	Toronto City	24
Steubenville	6	Village of Wintersville	0
Smithfield	14	Total	98

### **REPORTED ANIMAL BITE EVENTS**

Ohio law requires that "Whenever an individual is bitten by a dog or other non-human mammal, report of such bite shall be made within twenty-four hours to the health commissioner of the district in which such bite occurred" (Ohio Administrative Code 3701-3-28).

Location	Animal Bite Events	Location	Animal Bite Events
Brush Creek	0	Springfield	8
Cross Creek	9	Warren	13
Island Creek	6	Wayne	12
Knox	6	Wells	3
Mt. Pleasant	7	Village of Mingo	10
Salem	5	Steubenville City	29
Saline	3	Toronto City	17
Steubenville	4	Village of Wintersville	8
Smithfield	11	Total	151

151 <u>Reported Animal Bite Events</u> occurred in 2022.

# **Nursing Division**

### Vaccinations

The Vaccines for Children (VFC) program was able to help us vaccinate 207 children in 2022. This program has allowed our department to reach families that have no insurance or are underinsured. The goal is to have all children fully vaccinated by age 2 and maintaining all necessary vaccines through the age of 18. Utilizing the online registry for immunization, ImpactSIIS allows us to keep a record of vaccines administered by our department, as well as seeing vaccinations given by other providers to ensure the timeline of immunizations. We visited 5 of the 7 school districts to offer the Ohio required school immunizations to their 7th and 12th grade classes.

Our COVID vaccine clinic was able to provide 1,244 immunizations to the community, including first and second primary doses of Moderna and Pfizer as well as the Bivalent Booster and pediatric vaccines for those 6 months – 12 years of age.

### **Cribs for Kids**

This grant allowed provide a safe sleep environment for 53 families. This encompasses reaching women in their 3rd trimester or mothers who have an infant up to 1 year of age. Within this program, the family receives a pack and play along with an education session covering safe sleep and reducing sudden infant death syndrome. Infant mortality has been on the rise in Ohio since 2015, so providing this education to families and a safe sleep environment works towards decreasing those numbers. We have worked with many agencies in the county to promote this program and try to reach as many women and families as possible such as AIM Women's Center, Trinity Women's Health and Jobs and Family Services. We continue to partner with Harrison and Belmont with a collective total of 78 cribs distributed between all 3 counties.

### **Maternal Child Health**

2022 began with the implementation of programs planned from 2021. We found through our survey that many women age 18-44 struggle with weight management, healthy eating and mental health wellness. We wanted to focus these efforts together by creating a community garden for women. The purpose was for mothers to work together growing food that they can eat and create an environment with a support system. The raised garden bed was started with the City of Toronto. Another effort toward this was a take home garden kit which allowed women to grow salad kits within

their home. We survey these women and they said their gardens went well and they were able to enjoy the vegetables they grew themselves.

#### CMH

We currently have 59 families enrolled in our Children with Medical Handicaps program. We are working toward acquiring more CMH providers locally which has been a challenge. Although, we are establishing relationships with Akron Children providers to get children the referrals they need to facilities where BCMH providers are readily available. Our new CMH Nurse working in this program has been completing home visits to keep patients enrolled in the program and following up with any new referrals we receive.

#### **Flu Clinics**



We held 17 off-site flu clinics this year, including churches, schools and businesses. The total flu vaccines administered in 2022 was 644. We utilized our WOW to hold outreach clinics at Adena, the Urban Mission, Fort Steuben Mall and partnered with Carroll County Health Department to hold a clinic in Bloomingdale. These clinics are very well received from the community making vaccines more available in the public.

#### **Community Outreach**

We participated in the Health Fair held at MLK on February 26<sup>th</sup>. We provided health information and games for kids to play to get them active.

On Earth Day part of our team participated in trash clean up in the downtown area.

On June 3rd, we partnered with Sycamore and Urban Mission to do their lunch distributions through the community and took activities and health information to kids.

On August 11th we participated in 2 back to school bashes: one for Steubenville City Schools and one for Edison Schools.



The Nursing Department participated in 2 holiday events with the downtown community: decorating a Christmas tree on 4th street and a Door for the Ohio Valley Health Center. We took 3rd place for the decorated door!

Disease	Case Count
Campylobacteriosis	0
Chlamydia	180
Coccidioidomycosis	1
COVID-19	7,025
Cryptosporidiosis	1
E.coli	2
Giardiasis	0
Gonorrhea	94
Haemophilus influenzae (invasive)	2
Hepatitis A	0
Hepatitis B	12
Hepatitis C	69
Influenza-associated hospitalization	24
Legionnaires' disease	0
Lyme disease	18
Meningitis, aseptic/viral	1
Meningitis, bacterial	0
MIS-C Associated with COVID-19	1
MonkeyPox	1
Pertussis	0
Salmonellosis	3
Shigellosis	0
Streptococcal disease, group A	3
Streptococcus pneumoniae	4
Syphilis	10
Tuberculosis	0
Varicella	0
Yersiniosis	2
TOTAL	7,453

## 2022 Communicable Disease Report

# WIC DIVISION

The Jefferson County WIC program ended the 2022 fiscal year on September 30, 2022 with 942 participants. This showed a growth of 101 participants from the previous year. With the past several years showing case load declines for our program and the nation as a whole,



this increase is very exciting! In addition to regular benefits, participants received a temporary increase in fruit and vegetable benefits. This increase is significant and lasts through September of 2023. Participants also received vouchers totaling \$5,760 for use at local Farmer's Markets.

Some of our program growth can certainly be attributed to the challenges families have been experiencing in light of the pandemic and the current economic struggles. While the pandemic has limited some of our outreach opportunities, and not seeing participants in person has caused some disconnection, staff have found other ways to spread the "WIC Word". This has included getting information about our services to other agencies and contacting past participants who are still eligible and encouraging them to reinstate. Most importantly, staff establishes and maintains a good rapport with our clients. This rapport has helped established WIC as a happy, feel good place when you need help. If we cannot help you here, we will do everything we can to get you to someone who can.

During 2022, State WIC offered many CEU opportunities for staff on a number of topics including Breastfeeding, Implicit Bias and Human Trafficking. Our staff was able to take advantage of these trainings to grow our knowledge and improve the care we provide to our participants.

The formula shortage gave our staff great challenges. Families were uncertain and fearful. Fortunately, State WIC staff worked hard to get waivers granted that allowed nearly any available formula be purchased with WIC. These shortages are greatly improved, but a few specialty formulas are still in short supply.

As Covid still lingered, 2022 provided few Community Outreach Opportunities. In December, we provided our participant kids with take home Grinch Movie Night Bags containing a Grinch toy, snacks and healthy Grinch theme treat recipes. In February, we participated in the Resource Fair held by Steubenville Parks and Recreation. During March, we celebrated National Nutrition Month by getting lunch every Wednesday from a local restaurant. We chose a different culture each week—Latin, Asian, Mediterranean and Italian. In April, we participated in the Minority Health Month Kick Off and placed pinwheels in front of our building in honor of National Child Abuse Prevention Month. We visited several Metropolitan Housing Sites during August, September and October providing information on our program.

As we look forward to 2023, we are returning to operating the way we used to, such as in person appointments, more outreach in the community and hosting events to bring families together. We are also excited to try some new things. We are working to partner with Trinity Birth Center to certify mom and baby while they are still in the hospital. This will allow for earlier Lactation help by WIC staff and eliminate the need for mom and baby to make a trip into the WIC clinic in the first weeks after delivery. We are hoping to begin card load and health assessment services offsite at the Health Department's Toronto Clinic location. We will continue our outreach efforts to other community agencies and providers in an effort to increase our referrals. We are planning a Community Baby Shower in August of 2023 in Celebration of Breastfeeding Awareness Month. We will invite community agencies and families to the event that will provide an opportunity for information sharing, networking and celebration.

# VITAL STATISTICS

The Jefferson County General Health District registers all deaths and births occurring within its jurisdiction. Death Certificates are available only for persons that were pronounced deceased within Jefferson County. The JCGHD does have statewide access of electronic birth certificates. Through this program we can issue a birth certificate as long as the person was born in Ohio. Birth and Deaths can be purchased on line through VitalChek.com.

2,553 birth certificate copies were issued in 2022. 359 of the 2,553 birth certificates were issued through VitalChek.

In 2022, there were 970 death certificates filed. There were 4,114 death certificate copies issued along with 911 burial permits. There were 410 (42%) burials, 560 (58%) cremations and 4 donations that occurred in the Jefferson County Health District. There were a total of 237 Jefferson County home deaths and a total of 733 deaths that occurred in Steubenville City.

Deaths among younger residents of the district are often from accidents and suicides. Middle age deaths are attributed to heart attacks and cancers. In 2022, there were 51 accidents recorded as the manner of death. Out of those 51, 41 were contributed to drug overdoses. Common causes of the overdose were usage of Cocaine, Benzodiazepines, Fentanyl, Cannabinoid, Opiates, Amphetamines, Buprenorphine, Methamphetamines, Fluoro fentanyl, Ethanol, Oxycodone and Tegretol. In 2022, there was no fetal deaths filed in Jefferson County.

YEAR	2018	2019	2020	2021	2022
FEMALE	4	6	6	7	5
MALE	5	6	4	7	10
TOTAL BIRTHS	9	12	10	14	15

### FIVE YEAR HOME BIRTH TOTALS

At the Birthing Center in Jefferson County, there were 316 births that occurred in 2022.

### FIVE YEAR DEATH TOTALS

YEARS	2018	2019	2020	2021	2022
<1	1	3	1	1	1
1-10	0	2	3	2	3
11-20	4	2	0	3	2
21-30	7	14	11	15	11
31-40	14	23	19	34	33
41-50	28	27	43	55	43
51-60	98	68	80	109	116
61-70	161	170	175	220	198
71-80	222	207	228	270	232
81-90	242	223	258	265	234
91-100	120	123	113	120	92
>100	5	5	2	7	5
TOTAL	902	867	933	1,101	970

## Decedents that lived in Jefferson County

ADENA-7	AMSTERDAM-16	BERGHOLZ-10	BLOOMINGDALE-32
BRILLIANT-23	DILLONVALE-23	EAST SPRINGFIELD-1	EMPIRE-6
HAMMONDSVILLE-4	IRONDALE-7	MINGO JUNCTION-75	MT. PLEASANT-5
RAYLAND-16	RICHMOND-21	SALINE TWP-1	SALINEVILLE-2
SMITHFIELD-8	STEUBENVILLE-285	STATTON-3	TILTONSVILLE-4
TORONTO-113	WELLS TOWNSHIP-1	WINTERSVILLE-109	WOLF RUN-1
YORKVILLE-2			

## Decedents that lived outside of Jefferson County

AKRON-1	BARNESVILLE-1	BEECH BOTTOM, WV-1	BELMONT-1
BELLAIRE-3	BETHANY, WV-1	BRIDGEPORT-1	BURGETTSTOWN, PA-1
CADIZ-19	CANTON-1	CARROLLTON-1	CHESTER, WV-6
COOLERS, WV-5	COLUMBIANA-1	COLUMBUS-1	DAYTON-1
DENNISON-4	DUBLIN-1	EAST LIVERPOOL-6	FLINTON, PA-1
FLUSHING-3	FOLLANSBEE, WV-9	FORT COLLINS, CO-1	FREEPORT-3
<b>GNADENHUTTEN-2</b>	HAMPTON, GA-1	HOPEDALE-12	JEWETT-3
JOHNSTOWN, PA-1	LISBON-1	MARTINS FERRY-3	MASSILLON-1
MCCONNELSVILLE-1	MCMECHEN, WV-1	MECHANICTOWN-1	MONACA, PA-1
MOUNDSVILLE, WV-3	NEW BERN, NC-1	NEWCOMERSTOWN-2	NEW CUMBERLAND, WV-8
NEWELL,WV-1	NEW MANCHESTER, WV-1	NEW PHILADELPHIA-1	PITTSBURGH, PA-1
POWHATAN POINT-1	SALEM-1	SAN ANTONIO, TX-1	SANDUSKY-1
SCRANTON, PA-1	SCIO-3	SHADYSIDE-1	SHERRODSVILLE-1
ST CLAIRSVILLE-5	UHRICHSVILLE-5	UPPER MARLBORO, MD-1	WEIRTON, WV-39
WELLSBURG, WV-10	WELLSVILLE-1	WHEELING-5	

## LEADING CAUSES OF DEATH FOR THE PAST FIVE YEARS

CAUSE	2018	2019	2020	2021	2022
HEART	207	158	141	160	170
CANCER	208	185	187	208	189
CEREBRAL	33	48	45	42	32
ACCIDENTS	25	30	28	35	51
SUICIDES	12	15	6	8	14
ALZHEIMER'S	25	22	27	28	19
PULMONARY	108	100	91	114	96
HOMICIDE	2 37	4	1 35	3 31	4 36
OTHER	- 37 - 68	42 37	42	24	35
-	3	6	42 9	4	9
GASTRO BRAIN DISEASE	3 11	8	9	4	18
		-	-	•	
SEPSIS	46	59	66	64	31
MYOCARDIAL INFARCTION	47	61	81	80	64
FAILURE TO THRIVE	46	33	26	32	13
BOWEL OBSTRUCTION	4	1	4	5	2
MULTIPLE SCLEROSIS	3	0	0	0	2
CIRRHOSIS OF LIVER	11	4	6	14	14
PARKINSON'S	3	5	4	10	4
LIVER	3	5	0	6	5
INFLUENZA A		3	2	0	0
CONGESTIVE HEART FAILURE		39	43	45	46
DIABETES		0	0	2	0
COLON DISEASE		1	0	1	1
PENDING CAUSE		1	3	2	0
COVID 19			85	153	83
ALS				2	1
EPILEPSY				1	0
GANGRENE				2	0
MYLELODYSPLASTIC SNYDROME				2	0
SEIZURE				1	2
UNKNOWN				15	29
TOTAL	902	867	933	1,101	970

### BREAKDOWN OF CANCER TYPES FOR THE PAST FIVE YEARS

TYPES	2018	2019	2020	2021	2022
LUNG	73	48	67	63	48
BREAST	8	12	8	6	11
COLON	11	16	10	19	11
PROSTATE	7	5	6	9	8
MELANOMA	1	4	1	2	1
LIVER	7	7	15	11	7
PANCREAS	22	22	19	17	13
BLADDER	4	5	2	12	8
LEUKEMIA	5	4	7	1	3
LYMPHOMA	10	5	4	5	6
OVARIAN	6	3	5	7	7
BRAIN	8	5	4	9	8
OTHER	21	13	11	7	13
MYELOMA	4	7	1	5	3
UTERINE	1	3	3	0	4
RENAL	5	6	4	3	4
BOWEL	1	0	0	0	0
GASTRIC	4	2	2	4	3
RECTAL	1	5	6	4	9
THYROID	1	0	1	0	0
ESOPHAGEAL	5	7	3	6	7
BONE	1	1	1	2	3
GALL BLADDER	2	0	0	1	1
CERVICAL		4	0	4	0
LARYNX		1	2	1	3
THROAT		0	2	2	1
TESTICULAR			1	0	1
FACE				1	0
PELVIC				1	0
PERITONEAL				0	0
UNKNOWN			2	6	6
TOTAL	208	185	187	208	189