

TRUMBULL COUNTY COMBINED HEALTH DISTRICT NEWSLETTER



Public Health
Prevent. Promote. Protect.



REMINDER

Septic Permit Renewal Time

Return your:

- Septic Permit Renewal Form
- Permit to Operate Fee
- Service Contract
- Pumping Receipt (if applicable).

DEADLINE : DEC. 31, 2016

BOARD MEETINGS

Board of Health meetings are held the 4th Wednesday of the month at 1:30pm at the Trumbull County Combined Health District

All meetings are open to the public.

Exception: December meeting will be held 12/14/16

WINTER DRIVING

The Ohio Department of Public Safety wants to remind everyone that driving habits have to change during the winter.

Vehicle Maintenance

Start winter knowing your car is in good condition. Check the battery, tire tread, windshield wipers, and antifreeze.

Know Your Car

If possible, practice driving in icy or snowy conditions in an empty parking lot. Keep safe distance between vehicles and know your brakes. In a skid, ease off gas and steer in the direction you want to go.

Plan Ahead

Check weather and road conditions, and leave early.

Know your directions. Keep gas tank full. Wait it out if conditions are hazardous.

Stock your Vehicle

Carry items for common winter tasks-snow shovel, broom, ice scraper. Sand or kitty litter in case you get stuck in the snow. Jumper cables, flashlight, warning devices, blankets, cell phone charger, water, food, and necessary medicine.

Stopped or Stalled

Stay with your car and don't overexert yourself. Put bright markers on the antenna or windows. Keep exhaust pipe clear to avoid carbon monoxide poisoning, and run vehicle long enough to stay warm.



TCCHD Car Seat Classes

Children from birth-12 years should be in age appropriate car seats or booster seats. The seat should fit your child, fit your car, and be used correctly at all times. Call 330-675-2590 #3 for info on Child Passenger Safety classes at the health dept. and for help in obtaining a low cost car seat if needed.



BEFORE YOU PICK UP THAT SNOW SHOVEL:

1. **DON'T** eat a heavy meal.
2. **DON'T** drink alcohol.
3. **DO** use a small shovel.
Lifting heavy snow can increase blood pressure.
4. **DO** consult a doctor if you have a medical condition.
5. **DO** learn the dangers of hypothermia. Dress in layers!
6. **DO** know the signs of a heart attack:
chest discomfort; pain in the arm, neck or jaw;
cold sweat; nausea; shortness of breath.

We all have a reason for living a healthier, longer life.
What is yours?
Life is why™



CARBON MONOXIDE

DID YOU KNOW?

Carbon monoxide is an odorless, tasteless and invisible gas.

Signs of CO poisoning include headache, nausea, fatigue, vomiting and disorientation.

Cooking and heating units that burn fuel and are not properly ventilated or malfunction can be

a source of CO in the home.

WHAT YOU NEED TO KNOW ABOUT CO ALARMS?

Carbon monoxide alarms should be installed within 10 feet of each sleeping room or inside each sleeping room.

Test CO alarms monthly.

If a CO alarm sounds and you feel ill, call 911 im-

mediately. If you feel fine, open windows and doors and call your utility company.

Clear snow and debris from furnace, dryer, fireplace or oven vents around your home to prevent CO buildup.

Courtesy of Minnesota Department of Public Safety and the Minnesota State Fire Marshal



Maintaining your Health for the Holidays

Winter weather is approaching fast, and the days are getting shorter. Dropping temperatures and less daylight makes it harder to fit being outside into busy schedules and is not a favorable option for many.

Here are some exercises that can be done in your home to keep you moving through the winter months! Two sets of 15 reps of pushups, side planks, leg lifts, seated leg raises or three sets of 10 reps each of squats, burpees, or lunges. These can be done while watching television or during commercial breaks and they

strengthen muscles in different parts of the body. As space allows, one minute of jump rope or jumping jacks can help strengthen bones and really get you moving. Walking at a nearby mall, joining a local gym, or taking Zumba, spinning, or other exercise classes are also great ways to help you keep exercising and increase physical activity during this time of year.

The holiday season can also make eating healthy very difficult. Here are some tips on how to eat well during the holidays and help you start the new year off healthy! Include fruits and vegetables at gatherings for meals. Always have water

available as a primary drink option. Include whole grains, nuts, fish, poultry, and greens as healthier food options. Try to limit red meat, sugary beverages, salt intake, saturated fat, and sugars. Be aware of portion size and pay attention to when you are full.

Remember to keep hydrated, perform exercises safely, and consult your doctor before starting any exercise program or drastically changing your diet if you have a chronic health condition.

CHILL

Take your time around the dinner table, but refrigerate leftovers within 2 hours!

Safe in fridge
3-4 days

Safe frozen,
but use within 2-6 months for best quality.

Leftover meat and poultry should be cut into smaller pieces.

Store items separately in smaller containers.

Be sure to pack leftovers in a cooler if traveling.

Reheat thoroughly to a temperature of 165 °F.

Remember, bacteria that cause foodborne illnesses can't be smelled or tasted!

Prescription Drop-Off

A recent national study found that 53% of people aged 18-25 obtained prescription pain relievers free from family members or friends for nonmedical use. Although it may seem wasteful to dispose of costly medication, properly disposing of unneeded or old medication is one way to prevent prescription drug abuse among your family and friends.

Trumbull County Drop-Off Sites include:

- | | |
|---------------------------|-----------------------------|
| Bazetta Twp. Police Dept. | Liberty Twp. Admin. Bldg. |
| Brookfield Police Dept. | Lordstown Police Dept. |
| Champion Police Dept. | Newton Falls Police Station |
| Hubbard Police Dept. | Trumbull Co. Sheriff Office |
| Hubbard Twp. Police Dept. | Vienna Police Dept. |
| Kinsman Police Dept. | Weathersfield Twp. Police |

For site addresses and hours, please visit:

http://www.trumbullmhrb.org/pdfs/disposal_flyer4.pdf

PROJECT DAWN

Project DAWN (Deaths Avoided With Naloxone) is being offered by the Trumbull County Combined Health District through a grant from the Trumbull Memorial Health Foundation. A supporting Organization of the Community Foundation of the Mahoning Valley and through a partnership with the Trumbull County Mental Health and Recovery Board. It is a community-based drug overdose education and Naloxone Distribution Program that is provided to reverse opiate overdoses. 11 police departments and 1 fire department have received 216 kits for use. Friends, family, and treatment centers have received 208 kits. To schedule an appointment to obtain a kit call 330-675-2590, #3.



www.facebook.com/trumbullpublichealth

"LIKE" us on Facebook to see all the current Food Recall Notices and other Health Information.

Low Birth Weight and Infant Mortality in Trumbull County

- 9% of all live birth infants in Trumbull County have a low birth weight (< 5.5 lbs) *-County Health Rankings*
- 9/1000 live birth infants in Trumbull County die within 1 year (Infant Mortality)) *-County Health Rankings*
- The March of Dimes reports risk factors in everyday life that can lead to an infant being born with a low birth weight are smoking, alcohol, using street drugs and abusing prescription drugs. Pregnant women who smoke are twice as likely to have a low birth weight baby, and smoking, alcohol, and drugs can slow baby's growth in the womb and increase risk for prematurity and birth defects.
- Top causes of infant mortality per the CDC are birth defects, preterm birth (before 37 weeks gestation), Sudden Infant Death Syndrome, Injuries (suffocation).
- A top risk factor for low birth weight and infant mortality in Trumbull County is lack of sufficient prenatal care.

The Trumbull County Combined Health District Offers Several Programs that can Help in the Fight against Infant Mortality:

Cribs for Kids: educates on importance of practicing safe sleep for infants and provides a Graco Pack'n Play portable crib and Safe Sleep Survival Kit to families who cannot afford a safe place for their baby to sleep.

Baby & Me Tobacco Free: a free smoking cessation program for pregnant women, with an incentive to receive free diapers every month for up to a year post partum if they quit prenatally and stay quit after delivery. Reduces low birth weight and risk of SIDS.

Help Me Grow Home Visiting: provides first time expectant or new parents the information and support they need to be prepared for the birth of their child and provides ongoing education and support to maximize the child's health.

Pregnancy Testing: to provide referrals to programs available, and encourage early prenatal care.

To Obtain more Information about TCCHD Programs call 330-675-2590, #3

New Life-Saving Funding Opportunities

Prescription Drugs:

Every 5 hours an Ohioan dies from an unintentional overdose. Ohio's rates are among the highest in the country and we are seeing those numbers here in Trumbull County as well. Prescription opioid abuse is directly related to increases in heroin use and fatal heroin overdose deaths.

The Trumbull County Combined Health District is proud to announce that it has been awarded a grant from the Ohio Department of Health to help in our fight against overdose deaths. The grant began on July 1, 2016 and will run over a 3 year period. It will focus primarily on the policy changes in our community that will prevent prescription drug overuse, misuse, abuse and overdose and through these policy changes we will reduce the fatalities associated with prescription drug abuse.

Tobacco Use:

- Most smokers start before they graduate high school.
- The younger you start tobacco use, the more likely you are to use it as an adult
- Nicotine addiction-related diseases will prematurely kill one-third of young smokers
- Tobacco industry markets its products directly to youth and young adults in order to sell more products



In recognition of these statistics, Trumbull County Combined Health District solicited and were awarded a Youth Tobacco Grant from the Ohio Department of Health. The focus of the grant is to provide students with knowledge and to have a united voice to eliminate smoking and create effective social change in their communities. **STAND means STAND up, speak out against tobacco.** A group of students will meet once a month and devise anti-smoking campaign projects. They will mobilize their peers to be aware of the dangers of smoking through these projects and activities that they will create. They can then bring these messages back to their schools. The group will also be involved in auditing local stores that sell tobacco products and reporting pertinent information to ODH. This information will be used to incite policy change by making local stakeholders aware of tobacco sales in Trumbull County. This will help the state develop better tobacco regulations that will protect the youth and our community.

Trumbull County Combined Health District

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“Building a Healthy Community”

Trumbull County Combined Health District Mission & Vision Statements

Mission Statement:

We are committed to protect and promote the health and well-being of our community and prevent disease, disparity and harm to our residents. This is accomplished by responding promptly to serve the needs of the public in a professional and respectful manner with emphasis on public health education and outreach.

Vision Statement:

The effective exchange, collaboration and communication of ideas and thoughts with all internal and external stakeholders will enhance our policies, procedures and programs. This along with the promotion of our public health services will eliminate disparities and have a stunning effect on our community.

Community Health Assessment (CHA) & Community Health Improvement Plan (CHIP)

A CHA is a systematic examination of the health status indicators for a given population that is used to identify key problems and assets in a community. A CHIP is a long-term, systematic effort to address public health problems on the basis of the results of community health assessment activities and the community health improvement process. Trumbull County's 2016 CHA/CHIP Addendum is listed on the TCCHD website at <http://www.tcchd.org/pdfs/2016%20Trumbull%20County%20CHA%20Addendum%20062216%20signed.pdf>.

Community Engagement-MAPP

The Community Health Assessment and Community Health Improvement Plan are instrumental in providing the needed resources and public health programs for Trumbull County residents. One method of community engagement that was used in Trumbull County was the Mobilizing for Action through Planning and Partnerships (MAPP). MAPP helps communities improve health and quality of life through community-wide strategic planning. By using the tool communities seek to achieve optimal health by identifying and using their resources wisely, taking into account their unique circumstances and needs, and forming effective partnerships for strategic action. The key benefits of the MAPP tool include creating a healthy community and better quality of life, increase in the visibility of public health within the community, better able to anticipate and manage change, create a stronger public health infrastructure, and engage the community and create community ownership of public health issues. For more information on the MAPP tool and the framework for use in your future community project, visit NACCHO's website at <http://archived.naccho.org/topics/infrastructure/mapp/framework/mappbasics.cfm>.

Special thanks to all of the Community Stakeholders that participated in the Trumbull County CHA process and those who have joined the CHIP process.