

Lake County General Health District NEWSLETTER

Featured Highlights:

Get Outdoors this Winter
with Lake Metroparks

WIC Breastfeeding Café

Do's and Don'ts of Car Seats
in the Winter

Lake County Connections
goes to Senior Day at Lake
Metroparks Farmpark

Community Health Needs
Assessment Results

The LCGHD Environmental
Health Field Monitoring
Team at the Perry Nuclear
Power Plant

The Importance of Data-
Informed Decision-Making

A Season of Change

The leaves are changing and the air is crisp. You know what that means – fall and winter are on their way! This time of year brings the chance for cozy quality time spent with loved ones, and new memories with the ones you care about the most. From admiring the fall colors to a snowy sled ride, there is always something new to experience as we end another wonderful year.

In this fourth quarter edition, you will find winter car seat safety tips, breastfeeding education classes for moms and caregivers, resources for seniors, information on the final Community Health Needs Assessment, information about upcoming events, a word from the Health Commissioner, and more.

All of us here at the Lake County General Health District (LCGHD) are wishing you a happy, healthy, and safe holiday season and new year! We can't wait to reconnect with more updates and resources in 2023.



**Lake County
General Health District**

Public Health

Prevent. Promote. Protect.

Partner Feature: Lake Metroparks

Get Outdoors this Winter!

Lake Metroparks offers more than 60 miles of trails spanning Lake County. Whether you hike, ski, or snowshoe, there are countless opportunities to fight off cabin fever this winter.



Photograph by Jim Marquardt

Great Winter Hikes:

Lakeshore Reservation: The All Peoples Loop Trail is an easy trail suitable for all abilities. Check out the beach for icy snow dunes along Lake Erie.

Chagrin River Park: Meander along the river to enjoy scenic views of the water. Keep your eyes open near woodland edges for perching hawks and other raptors.

Veterans Park: Take a walk through some of the last remnants of the original Ohio swamp forest and along the edge of Granger Pond.

Pete's Pond Preserve: The combination of forest, edge and fresh water has created an oasis for suburban wildlife.

Ski or Snowshoe:

Lake Metroparks offers visitors opportunities to cross-country ski on both groomed and ungroomed trails, and snowshoe on a variety of terrain throughout the park district.

Chapin Forest Reservation offers six miles of groomed trails, a mile of lighted trail (the trail is lit until 11:00 p.m. daily from November to mid-March) and a place to warm up in front of a wood-burning stove. Pine Lodge Ski Center is a full-service ski lodge with rental skis and snowshoes. In addition to these amenities, the center offers a complete array of ski programs for all ages and abilities. The center is open when sufficient snow is present (four inches or more). Call the Winter Sports Hotline at 440-256-2118 x4178 to listen to recorded messages about daily ski conditions.

Girdled Road Reservation features groomed cross-country ski trails and two backcountry snowshoe trails.

Penitentiary Glen Reservation offers 8.5 miles of ungroomed trails of varying terrain and difficulty for skiers and snowshoers.

For more information, visit
www.lakemetroparks.com



Health District Updates

WIC (Women, Infants, and Children)

Women, Infants and Children, also known as WIC, is now back to offering in-person infant feeding and caregiver support groups through their Breastfeeding Café program! This program is open to everyone.

The Breastfeeding Café focuses on how to breast/chest feed, and is a safe space for questions about breast/chest and formula feeding.

What to Expect:

- A new breast/chest feeding topic covered each session.
- Pre- and post-feeding weigh-in for baby as an addition to regular pediatric visits.
- Registered dietitians available to talk about healthy eating for the whole family.
- An overview of the WIC program.
- Caregiver-to-caregiver support: Connect with others who have young babies.
- An interpreter—available on certain days—to offer Spanish bilingual services (Contact WIC for more details).
- An open space for any questions!



Breastfeeding Café Dates and Times:

Lake County:

- Last Tuesday of each month
- 1:00 p.m. – 2:30 p.m.
- Painesville WIC & Wickliffe WIC (alternating monthly)
- *Painesville:* 1 Victoria Square, Painesville OH
- *Wickliffe:* 2255 Rockefeller Road, Wickliffe OH

Geauga County:

- Last Wednesday of each month
- 10:00 a.m. – 11:30 a.m.
- Chardon Library: 110 East Park Street, Room #3, Chardon, OH

Information on WIC programs, services, and more can be found at www.lcghd.org/wic



If interested or for questions about the Breastfeeding Café, please contact:

Breastfeeding Café Coordinator Liz Homans - lhomans@lcghd.org, (216)-403-1320 [call or text]
Or Breastfeeding Coordinator Ilana Litwak - ilitwak@lcghd.org, (440)-350-2604

Health District Updates

Community Health Services

Cooler weather has rolled in, and that means winter is almost here! The Lake County General Health District Community Health Services Division wants to stress the importance of child vehicle safety through proper car seat usage this winter season. While winter coats are a great way to keep children warm, they are not the safest option when it comes to car seat use. Here are some of the do's and don'ts to think about when traveling in the car with young children during the winter months.

DON'T:

- Place children in the car seat while they are wearing a snow suit or puffy jacket. In a crash, the jacket compresses and their restraints will not be tight enough.

DO:

- Buckle your child in the car seat without a snow suit or puffy jacket.
- Have a car blanket that you can put over the car seat straps to keep the child warm.
- Angle vents in the car towards the child to direct warm air in their direction.

The American Academy of Pediatrics (AAP) Suggests:

- Check that children are buckled in tightly and securely.
- Dress young children in thinner layers instead of heavy coats and snow suits before they are buckled into the car seat.
- Use a hat or mittens for additional warmth.

Source: AAP Healthy Children Website
<http://bit.ly/2DrC2Wr>

X INCORRECT



The jacket holds the straps away from the body. When the suit compresses in a crash, it will be unsafe.

✓ CORRECT



Car seat straps tight under the blanket.

For questions or additional information, please reach out to the Community Health Services Division at LCGHD:
www.lcghd.org

Health District Updates

Lake County Connections



Lake County Connections (LCC) works hard to connect our senior population with resources and community engagement opportunities. Many of these opportunities are shared via the LCC webpage; but on September 15th, LCC had the opportunity to interact with the senior population in person at Senior Day at the Lake Metroparks Farmpark, hosted by Lake Metroparks.

We sat down with LCC Director Denise Powell to gain some deeper insight into the program's work, vision, and goals. With LCC being a new program here at the Health District, they are in the process of getting out into the community, and connecting with community members and service providers to share more about the program. "So far, we have been going to senior centers to speak and offer them a library of video resources. These kinds of events are [our] first public presence. We're trying to identify the large number of seniors who don't typically attend a traditional senior center."

Attending events like Senior Day helps LCC bring resources to seniors in these non-traditional settings. Denise also shared with us some of the challenges of reaching seniors in Lake County today. "Beyond LCC, we live in a community that has a definable gap in connectivity, and that's almost inexcusable in this day of technology and opportunities. I mean, here you are in the smallest county in the entire state with the most senior centers, and yet the ratio of seniors who attend is only 13%. How do we close that gap and address those needs?"

LCC plans to work toward needed changes and helping the senior population through continued public outreach at similar in person events in the future, as well as additional resources on their website and YouTube playlist located on the main LCGHD channel.



Find details about LCC at
www.motivatelakecounty.com/lake-county-connections





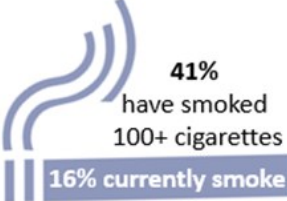
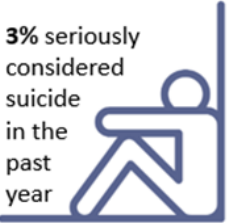


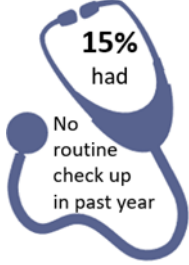

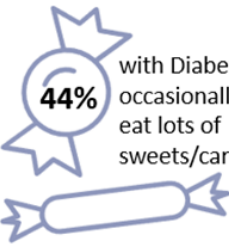



Health District Updates

Population Health & Emergency Planning

The 2022-2024 Community Health Needs Assessment (CHNA) is complete! The CHNA is a study used to identify and describe factors that affect the health of a community, and the underlying conditions that affect those factors. Once the study was finished, LCGHD, University Hospitals Lake Health Medical Centers, and community partners who have a role in impacting the health of Lake County, looked at all the data. The data was used to decide which factors are the most important and need the most work. Next, a Community Health Improvement Plan will be created to make a roadmap of how to improve the factors that were found in the CHNA.

Important Findings for Priority Health Topics

|  Behavioral Health |  Access to Healthcare |  Chronic Disease |
|---|---|--|
|  <p>14% Diagnosed Mood Disorder</p>  <p>41% have smoked 100+ cigarettes 16% currently smoke</p>  <p>3% seriously considered suicide in the past year</p> |  <p>7% No personal care provider</p>  <p>13% Traveled to another county for care</p>  <p>15% had No routine check up in past year</p> | <p>32% with Diabetes</p>  <p>Exercise regularly for optimal blood sugar levels</p>  <p>44% with Diabetes occasionally eat lots of sweets/carbs</p>  <p>52% Ate fruits/vegetables each of last 7 days</p> |

The full 2022-2024 CHNA can be found at www.lcghd.org/reports/healthdata

Health District Updates

Environmental Health

Potassium Iodide (KI)

Radioactive iodine may be released from a nuclear power plant during an emergency. If breathed or swallowed, it can damage your thyroid gland, which could cause loss of thyroid function, nodules, or thyroid cancer.

KI tablets, when taken as directed during an emergency, can protect the thyroid from radioactive iodine.

Residents who live within the 10-mile Emergency Planning Zone around the Perry Nuclear Power Plant should keep KI tablets in their homes.

KI is available from LCGHD.

Details can be found here:

www.lcghd.org/potassium-iodide-ki/



In September, the LCGHD Environmental Health Field Monitoring Team (FMT) was in a full-scale exercise at the Perry Nuclear Power Plant. The drill goes through a real life scenario to see how local officials would respond, as well as to develop future safety plans.

The LCGHD Environmental Health FMT plays an important role in emergencies involving the Perry Nuclear Power Plant.

If sensors go off, this team made up of LCGHD staff volunteers drive toward the Power Plant itself, testing the area for radiation to confirm sensor reports.



Here is what a real emergency response might look like:

1. Something causes a radiation release at the power plant and sensors to go off to let state officials know that there is a problem.
2. The FMT goes to the Emergency Operations Center (EOC) to learn more about the emergency.
3. The team drives around the plant with radiation detection equipment, looking for areas of high radiation.
4. If areas of radiation are found, they will take an air sample and test it for radioactive iodine.
5. The results are sent back to the EOC.
6. The data is reviewed and shared with the County Commissioners. This helps them decide on next steps, like having residents shelter in place, evacuate, etc.

Lake County has one of the few local FMTs in the country. "We take pride in [the fact] that we supplement the state team who are hours away. We can be mobilized within an hour," LCGHD Environmental Health FMT Coordinator Bert Mechenbier told us.

Over 500 local officials participated in the exercise that was evaluated by the Federal Emergency Management Agency. Lake County met 12 out of the 12 targets being evaluated.

A Note from the Health Commissioner

Dear Friends,

Since it's beginning and throughout the lifespan of the Lake County General Health District, we have been charged with making life-impacting decisions for the individuals and businesses of Lake County – and we always aim to do so through data-informed decision making. Data allows us as representatives and service members of the county to make informed decisions that enable residents and businesses to live and operate safely as we navigate normal circumstances as well as public crises.



*Health Commissioner
Ron Graham*

What is data-informed decision making? Data-informed decision making refers to us seeking and considering data in guiding our decisions as opposed to relying solely on our own experiences and preferences. The process generally starts with identifying what it is that we want to accomplish. Then, we gather and analyze data from various reputable sources to help us discover the path to that accomplishment. Next, we develop an implementation plan using the information gathered. As we implement our plan, we make adjustments and improvements for the future as more data is gathered and lessons are learned. This cycle is continually repeated as we embark on new and ongoing initiatives, and as additional data and information is discovered or acquired.

One excellent example of this process in action with community partners is our 2022-2024 Community Health Needs Assessment. This detailed report includes a wide variety of data, including 171 secondary data measures from nationally recognized and publicly available data sources, results from a survey of current Lake County residents, and discussions with five community focus groups. All of this data is condensed and analyzed to allow us to identify the areas of greatest need, and in turn will inform future programs, plans, and policies as we work with our partners and other key stakeholders to improve the health of the residents of Lake County through the implementation of the Lake County Community Health Improvement Plan. Look forward to the Community Health Improvement Plan, based on the Community Health Needs Assessment, coming early next year.

As we close out this year, I would like to thank you all for your continued support. From everyone here at the Lake County General Health District, we are wishing you a happy and healthy holiday season and new year. We look forward to continuing our efforts to make Lake County a healthy and safe place for all.

Sincerely,

Ron H. Graham

Get More Information from the Lake County General Health District!

www.lcghd.org



Sign up for alerts at <https://linktr.ee/lcghd>



Upcoming Events

November

Nov. 18-24: U.S. Antibiotic Awareness Week

American Diabetes Month

Lung Cancer Awareness Month

COPD Awareness Month

December

Dec. 1: World AIDS Day

Dec. 5-11: National Influenza Vaccination Week



Birth & Death Records

The Office of Vital Statistics offers birth and death records.

Cost: \$21.50 per copy

Walk-In Service is available Monday through Friday, between 8:00 a.m. and 3:30 p.m.

More details available at www.lcghd.org/birth-and-death-records/

Get our Newsletter Online!
www.lcghd.org/newsletter

