

Lake County General Health District **NEWSLETTER**

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A Year of Opportunities

Happy New Year from all of us here at the Lake County General Health District (LCGHD)! We all hope you had a safe and restful holiday season and a good start to 2023.

This first issue of 2023 brings you information about the strategic plan from our tobacco workgroup, an introduction to the school health services program, a new nutritional program with Leadership Lake County’s Youth Program, an update on our CHIP release and tracking, some special mentions, a note from our Health Commissioner, and more!

Thank you for continuing to support the work of LCGHD. We look forward to providing you with another year of hard work to continue to make Lake County a happy and healthy place to live.

Stay tuned for newsletters highlighting new partners, topics, events, resources, and more throughout 2023!



**Lake County
General Health District**

Public Health
Prevent. Promote. Protect.

Health Data Feature

Community Health Improvement Plan (CHIP) Update

Following the completion of the 2022 Lake County Community Health Needs Assessment (CHNA) conducted in collaboration with University Hospitals (UH) and other community partners, the findings from the CHNA are being used to prepare Lake County’s 2023-2025 Community Health Improvement Plan (CHIP). The CHIP will be reviewed for approval by the boards of LCGHD and UH, and is scheduled for release in the first quarter of 2023 upon approval. It will act as a roadmap to show how to improve important health factors and the overall well-being of Lake County residents.

The strategies in the CHIP will focus on addressing specific health priorities identified in the CHNA: community conditions, access to care, mental health, substance use and misuse, and chronic disease. More specifically, the strategies will focus on addressing specific health data points that are affecting the health and well-being of Lake County. Specific data points have been selected to monitor progress in these areas, as well as monitor the overall health status of Lake County.

In 2022, the county collected baseline data for each data point being monitored. Yearly in January, using new available data, the county will make updates from sources like County Health Rankings and Roadmaps and Healthy Northeast Ohio to monitor progress from the most recently available data. Initial short (2025), midterm (2028), and long-term (2030) targets have been set based on national or statewide goals, and partners have chosen measures of success that they will monitor for their selected strategies.



Data Points to Monitor

- | | | |
|---|--|--|
| <ul style="list-style-type: none"> • Kindergarten readiness • Limited access to healthy foods • Child and overall food insecurity rate • Uninsured adults and children • Percentage of adults who binge drink • Percentage of driving deaths involving impaired drivers | | <ul style="list-style-type: none"> • Drug overdose death rate • Suicide death rate • Adult smoking rate • Number of people with high blood pressure • Adult diabetes, obesity, and coronary artery disease rate |
|---|--|--|

Look for this upcoming release at
www.lcghd.org/reports/healthdata

Partner Feature: United Way of Lake County

Who is on Your Gratitude List?

The effects of expressing gratitude for the many things we are thankful for have long been recognized by health professionals as having a positive impact on both our mental and physical health. Studies have shown that this can, along with other factors, decrease depression and anxiety while improving mood, sleep, and immunity. People have also shared the importance of writing down (or journaling) what they are thankful for to practice daily gratitude and to have a positive impact on their life and those around them. Others practice thankfulness on social media and in other unique and special ways. This serves as a reminder to us at United Way of Lake



United Way of Lake County's 2022-2023 Campaign Cabinet led by Chair Jen Yorko, General Manager of the Lake County Captains

County to not only be grateful, but to be intentional about showing our gratitude to the many volunteers, advocates, and donors who make our work possible so that no one in need stands alone.

With the support of our agency partners, in 2021 United Way provided over 81,000 services to Lake County residents who were in need or had no one to turn to. Services included shelter and care for survivors of domestic violence, medical and dental care for those uninsured and underinsured, mental health counseling, addiction recovery treatment, literacy and education programs for children, group meals for seniors, and much more.

Thanks to our food drives and other donations, we were also able to provide nearly \$200,000 in food to local food pantries to feed our community's hungry. For all of this and more, we at United Way of Lake County would like to extend a heartfelt thank you to those who give and to those who do.

Together, we change lives.

Food for Thought!

Who or what are you grateful for today? You may be surprised at how good you feel when vocalizing or writing this down. You may be even more surprised at how good you make others feel when sharing your thankfulness for them with them. Go ahead.

Try it.



**United Way
of Lake County**

For more information on United Way of Lake County services and how to get involved, please visit <https://www.uwlc.org/>

Health District Updates

WIC (Women, Infants, and Children)

Resources on Healthy Eating

Here are some great organizations to learn more about nutrition and healthy eating:

- My Plate
- The United States Department of Agriculture (USDA)
- The Academy of Nutrition and Dietetics



Healthy eating and providing kids with the tools for a healthy start is important for their overall development. That is where WIC's active partnership with the Healthy Snack Initiative through the Leadership Lake County, Inc. Youth Program is focusing their work. Together, they aim to give children in Lake County the tools and education to make empowered healthier choices. Their biggest goals are to encourage children to develop a love for healthy eating, to share the importance of mental and physical health, and to provide children with the tools they need to advocate for their health.

Once a month, this group meets with middle school-aged children to discuss a topic of nutrition and do a hands-on activity where they get to learn how to make a healthy snack. The topics covered so far include the whys of nutrition: why eat veggies, why make snacks, and why choose whole grains. The children have also had the opportunity to decorate "apple doughnuts" by topping apple slices with foods like peanut butter and yogurt for a healthy filling snack! In December, the children learned how to read a nutrition label, followed by how to make energy bites to fuel their bodies and stay full longer. Each meeting will cover a different topic and will give children the tools they need to

take charge of their health and positively influence others around them.

Along with nutrition education, the Healthy Snack Initiative works to educate children on local health disparities and share ways for students to find more health information. WIC Dietitians do this by sharing various health resources and educating on the difference between a Nutritionist and a Registered Dietitian. A Registered Dietitian must have a college degree and 1,200 hours of supervised practice, whereas a Nutritionist can be someone who has an interest in health and wellness, but no specific degree is necessary. By teaching kids about their community, where to get their information, and the difference in resources, this group is developing a future of well educated community members that can affect the county in a positive way!

For more information, please contact:

Gina Fletcher, Youth Programs Manager- gletcher@leadershiplc.org
 Michelle Yako, Registered Dietitian- myako@lcghd.org
 Marley Siegel, Registered Dietitian - msiegel@lcghd.org

Health District Updates

Community Health Services

School Health Services Manager Lexi Parsons provided an inside look into the important work of the clinical nurses working through the School Health Services Program here at LCGHD. This program works to train and supply clinical nurses to 10 schools in Lake County.

Being a parent herself, Lexi understands the importance and comfort in knowing that there is a well-trained and caring nurse to take care of your child. The nurses in this program receive a wide range of training including, but not limited to, the following:

- Identifying strategies to keep students safe and to work with epidemiologists as needed
- Identifying communicable diseases within a school
- Basic First Aid
- Recordkeeping and reporting
- Ohio Department of Health trainings
- School-Specific trainings
- Three days of onsite orientation and training by LCGHD School Health Services staff
- Ohio Revised Code for Hearing and Vision Screenings trainings



More than Just Healthcare!

Clinical nurses play various roles, both healthcare and non-healthcare related, in the schools they work in including:

- Conducting annual vision and hearing screenings
- Case management for children with chronic illnesses.
- Making sure school and home dynamics are similar so that consistent care is given
- Giving medications
- Providing ice packs
- Assisting with loose teeth
- Offering a change of clothes

Access to care from clinical nurses in schools is vital to the health and well-being of all students in every school, especially for those that might not have access to health insurance or proper healthcare. In these cases, a clinical school nurse might be the only medical professional checking on a child's vaccine records, checking for pain, conducting hearing and vision screenings, or referring them to urgent care, and more. This shows the great impact that nurses in schools can have on young lives!

For additional information, please visit the Ohio Department of Health at <https://odh.ohio.gov/know-our-programs/school-nursing-program>

Health District Updates

Lake County Connections



In July of 2022, the LCGHD launched its new senior outreach program: Lake County Connections, also known as Connections. This is an interactive, peer-specific, technology-based tool for Lake County's senior population. They offer an

online portal of resources from different community agencies and organizations, as well as an online video library and in-person social gatherings.

This past year brought unique opportunities for connection for Lake County residents. In October, Connections hosted HalloWine, their first in-person social gathering. Over a dozen attendees met at Grand River Cellars Winery for fun, food and connection. November brought the opportunity to participate in and film at the Lake County Commissioners Caregiver Forum. Professional vendors, agencies and organizations were in attendance to offer well-living opportunities to the senior community! To end the year, Connections attended the City of Painesville Seniors Christmas Party, sponsored by City Council and its Parks and Recreation Department. Videos from all these events are available in the LCC online video library.

Coming to the Connections online video library in 2023 will be new educational tutorials created by community agencies, local government, and professional vendors. These include an elder law series, as well as interviews with Unite Us, the Alzheimer's Association, Lake County Council on Aging, and living-well pieces from LCGHD health educators.

The New Year brings a partnership between Unite Us and LCGHD to offer an enhanced network of assistive services that goes beyond demographic boundaries, and is all about meeting your health and social needs. In 2023, Connections hopes that interested community members will take advantage of its innovative platform, partnerships and their work to connect seniors to helpful community resources. Connections' goal is to empower Lake County seniors to live well!



Connections attending a Unite Us networking event at the Cleveland Food Bank

For additional information:

Contact Denise Powell at dpowell@lcghd.org
Or Visit <https://linktr.ee/lakecountyconnections>

Health District Updates

Population Health & Emergency Planning

Did you know? People with behavioral health conditions smoke 40% of all cigarettes produced in the United States. Compared to the general population, smoking is three to five times more common in people diagnosed with behavioral health conditions.

What are the challenges of quitting? People with a behavioral health disorder are more likely to experience large amounts of stress throughout their daily life and might not have access to a strong support system. These factors, along with the stress reducing effects of nicotine and an individual’s lack of positive ways to cope, have been identified as factors that have caused the increased rates of cigarette smoking in people with behavioral health disorders.

In an effort to reduce the burden of tobacco use in individuals with behavioral health conditions, the LCGHD created the Lake County Tobacco Cessation Health Equity Workgroup. In 2022, this workgroup created a strategic plan, which is a plan commonly used to communicate a group’s goals, the actions needed to achieve those goals, and how the overall process will be monitored and evaluated. This plan has the following two goals:

1. To promote tobacco-quit services that can help individuals with behavioral health conditions stop tobacco use, and ensure that agencies and providers have the necessary resources.
2. To protect the residents of Lake County from contact with secondhand smoke.

Currently the Lake County Tobacco Cessation Health Equity Workgroup is working on taking the steps outlined in the strategic plan by adding participants to the workgroup, going to community events, holding community presentations, and using social media to let more people know about resources to quit tobacco use.

If you are interested in learning more or joining this workgroup, please contact:
 Emily Kolacz at (440) 350-2451

Health District Updates

Environmental Health

Do you ever wonder about the safety of the food establishments you dine at in Lake County? The LCGHD Food Safety Program is made up of seven Registered Environmental Health Specialists who work to ensure that Lake County food operators are following the Ohio Uniform Food Code. The establishments inspected include nursing homes, fast food chains, sit-down restaurants, grocery stores and more.

The Food Safety Program works to keep the 1,200 licensed establishments in Lake County up to code by performing food inspections twice a year. They inspect establishments based on the Ohio Uniform Food Code with a focus on the five Centers for Disease Control and Prevention (CDC) risk factors for foodborne illness. These risk factors include:

1. Poor personal hygiene practices
2. Improper holding temperatures
3. Improper cooking temperatures
4. Food from unsafe sources
5. Unclean equipment and cross-contamination



The seven Registered Environmental Health Specialists at LCGHD

Top 5 Food Violations in Lake County (2022)

There were over 4,000 violations noted on standard inspections from January through December 2022. Of those violations, the following top five were found:

1. Potential for cross contamination due to storing raw meats above ready-to-eat foods
2. Time/Temperature Control: foods not being stored cold at the required 41° F or less
3. Equipment parts like doors, seals, and hinges not being kept intact, tight, and adjusted
4. Equipment, food-contact surfaces, and utensils were not clean to sight and touch
5. Nonfood-contact surfaces of equipment not being cleaned at a frequency necessary to decrease the accumulation of soil residues

Violations that break any of the CDC Risk Factors for Foodborne Illness are considered critical violations. Once these are found, the health inspector will attempt to have the operator fix the problem right away. If an immediate solution cannot be obtained, then a re-inspection will happen at a later date to confirm they are following the code. The staff also provide food safety education and materials to the food operators.

For more information about the food program and inspections of Lake County, visit <https://www.lcghd.org/food-safety/> or contact Cady Stromp at cstromp@lcghd.org

Special Mentions

New Linktree Tool

Using social media to access important information and news has become second nature to many; so in July of 2022, the LCGHD launched a new mobile tool called Linktree that helps you quickly navigate through all of the health district programs. Whether you are searching for the steps to getting a birth or death certificate, or if you are looking to get a license to sell food, you can use Linktree to quickly locate the information you need.

Once you open Linktree, you are able to find links to helpful information, forms, and other health-related topics from our many health district programs. The most commonly accessed topics include:

Health	Safety
<ul style="list-style-type: none"> • Clinics & Immunizations • Naloxone Distribution • Birth & Death Records • WIC 	<ul style="list-style-type: none"> • Private Water Systems • Mosquito Control • Food Safety • Car Seats • Sewage Treatment • Swimming Pools & Spas

Be the first to know

Linktree provides the opportunity for you to receive immediate health-related alerts on your mobile devices. These alerts include:

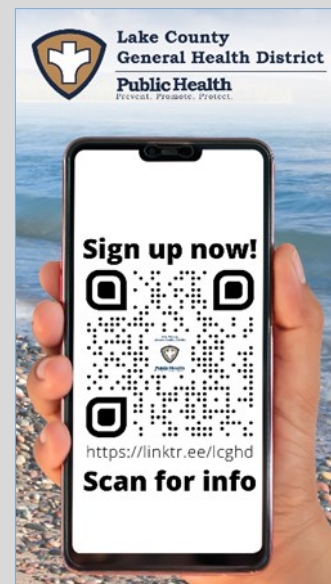
- Community Health Alerts
- New Vaccination Clinics
- Hazardous Beach Days
- Mosquito Spray Routes
- Food Recalls
- And many more...

Find details or sign up for alerts at <https://linktr.ee/lcghd>

How to sign up:

1. With your cell phone camera, scan the Linktree QR code below and the link will appear.
2. Hit the Subscribe button in the upper right hand corner and enter your phone number or email address for alerts.
3. As alerts happen, you will be contacted and directed to the Linktree button or website that is associated with that alert. Typically, you will receive no more than three alerts per week.

It's that easy!



A Note from the Health Commissioner

Dear Friends,

I wish Lake County a happy, healthy and safe New Year! I hope this year brings you good health and well-being.

The winter months are officially here, and this time of year usually brings snow, harsh weather, and more time spent indoors. More than that, this is a time of giving, reconnecting, and checking in. The act of connection and simply checking in can be extra meaningful for an elderly neighbor or someone who might live on their own. It is important to show those that need it most that they are not alone.

During these cold winter months social isolation can become a concern, especially for our seniors. A large reason for these challenges is that these individuals may live alone, or far away from family, friends or other people they may know. These factors, along with the potential for harsh winter weather conditions, can make it especially difficult for seniors to get proper transportation, access to health care, good social interactions, and daily resources to live a safe, happy, and healthy life during the cold months.

Taking time to call or visit someone in this situation can make all the difference! If you are able, here are some ways that you can help:

- Check in to make sure they have heat and running water
- See if they are stocked on groceries and essential medications
- Offer rides in the event that roads are bad or transportation services are hard to reach
- Shovel someone's driveway

These are just a few ways that you can lend a helping hand this winter. If you are interested in more ways to help, the Ohio Department of Aging and the Lake County Council on Aging are great resources to learn more about how you can help your elderly neighbor any time of the year.

Thank you for continuing to offer a helping hand to the community of Lake County, and thank you for your continued support of the LCGHD. Stay safe and healthy this winter season, and I look forward to reconnecting throughout 2023.

Sincerely,

Ron H. Graham



*Health Commissioner
Ron Graham*

Get More Information from the Lake County General Health District!

www.lcghd.org



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



Important Dates

January

National Glaucoma Awareness Month

Cervical Health Awareness Month

Radon Action Month

February

American Heart Month

Low Vision Awareness Month

Teen Dating Violence Awareness Month

Feb. 12: Super Bowl-Fans Don't Let Fans Drive Drunk

March

National Colorectal Cancer Awareness Month

National Kidney Month

National Nutrition Month

Mar. 10: National Women and Girls HIV/AIDS Awareness Day

Mar. 17: St. Patrick's Day- Buzzed Driving is Drunk Driving

Mar. 24: World Tuberculosis Day



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

