

Lake County General Health District **NEWSLETTER**

Featured Highlights:

Lake County Ranks #16
Healthiest Counties in Ohio
for 2023

Wickliffe WIC's Brand New
Office Space

Learn about Pertussis, aka
Whooping Cough

Community Outreach from
Lake County Connections

LCGHD Works with the Food
Pantry at St. Gabriel's
Church

Ticks and Lyme Disease:
What You Should Know

LCGHD: Using Data as Our
Guide

Summer Safety

Lake County General Health District is introducing the summer with messages of safety and ways to protect yourself and your loved ones, as well as updates about how healthy Lake County is in comparison with other Ohio counties.

This issue is filled with exciting events from the last couple months, as well as a look ahead at what's to come.

You'll get the inside scoop on the new Wickliffe WIC (Women, Infants, and Children) office, learn about summertime diseases, such as Whooping Cough and Lyme Disease, hear about Lake County's ranking of #16 for Healthiest Counties in Ohio for 2023, and more!

We know you will enjoy this third quarter issue, and hope you have a safe and healthy summer!



**Lake County
General Health District**

Public Health

Prevent. Promote. Protect.

Health Data Feature

County Health Rankings & Roadmaps

Rank #16 out of 88 Counties in Ohio

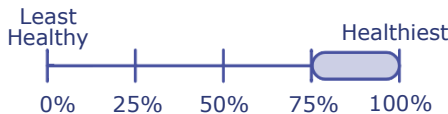
Health Outcomes

Health outcomes represent how healthy a county is right now, in terms of length of life but quality of life as well. Lake is ranked among the healthiest counties in Ohio (Highest 75%-100%).



Health Factors

Health Factors represent those things we can modify to improve the length and quality of life for residents. Lake is ranked among the healthiest counties in Ohio (Highest 75%-100%).



The Lake County General Health District (LCGHD) uses many different data tools to measure and show Lake County health outcomes, and to help decide which health topics and programs to focus on. One of these important data tools is called County Health Rankings & Roadmaps (CHR&R). CHR&R data is one of the ways to consistently measure and improve health for Lake County residents, and LCGHD and partners use this data to determine health priorities and develop strategies to address health issues to help make Lake County a safer and healthier place for all its residents.

CHR&R is a program based at the University of Wisconsin Population Health Institute. Its purpose is to provide data and evidence to make the public more aware of the many factors that can impact health and ways to improve the health of our population. This data is available for nearly every county in all 50 states.

Every year CHR&R releases rankings for each county, which are based on a set of health outcomes, including measures for length and quality of life, and health factors like health behaviors, clinical care, social and economic factors, and physical environment. This gives counties an idea of what could be changed to improve the length and quality of life for residents. Based on this data, for 2023, Lake County was ranked the 16th healthiest of Ohio’s 88 counties.

When compared to state and national averages, Lake County has seen some positive trends:

Improved rates of	Higher Rates of	Lower Rates of
Access to exercise opportunities	Physical activity	Teen births
Income equality	Insured residents	Poverty
	Flu vaccinations and education	Air pollution

Though Lake County saw improvements in many areas, the county has seen trends that negatively impact the health of residents: higher rates of adult smoking, adult obesity, alcohol-impaired driving deaths, and social associations (meaning civic, political, religious, sport, and professional associations).

For more information and to explore the CHR&R data for 2023 and past years, visit www.countyhealthrankings.org and search for Lake County

Health District Updates

WIC (Women, Infants, and Children)

The Wickliffe WIC office has a new home! In July, they will rejoin the Wickliffe Family Resource Center (WFRC) in the new Wickliffe Campus at 2255 Rockefeller Road in Wickliffe. The WIC staff is excited to be able to move into the new space alongside the WFRC. The two organizations serve many of the same clients and will be able to continue to help each other provide wrap-around services to the community.

The new office with its beautiful view of the woods and access to the new coffee shop located inside the building is a highlight for WIC. "Our WIC staff is excited for the new building, but their biggest focus is making the participants feel comfortable and safe in the new location," said Cynthia Stoerkel, Clerical Specialist in WIC. Ilana Litwak, Registered Dietitian in WIC agreed, "It should be a positive experience for people to come to WIC."

"It should be a positive experience for people to come to WIC."

— Ilana Litwak, Registered Dietitian



WIC offers free nutritional education and services for qualifying families with young children up to the age of five, and those who are pregnant or breastfeeding. WIC has two very knowledgeable Breastfeeding Peers on staff who help breastfeeding moms one-on-one or in a group support setting. WIC will support anyone who would like to breastfeed for one month, six months, or one year.

During the summer, residents can also find WIC staff at the Painesville Farmers Market! They will be there on July 20, August 10, and August 17. Families who receive WIC services can get \$30 to redeem at participating vendors during the farmer's market season. Also, WIC provides nutritious recipes and tips on how to involve kids in the kitchen. There are no county restrictions to receive WIC services.

Find out how to get started and find a location closest to you
www.lcghd.org/wic



Health District Updates

Community Health Services

Going into summer, it can feel like seasonal illnesses are less likely to happen. There are some illnesses, however, that are even more common in the warmer months. One of these is pertussis, also known as whooping cough. Whooping cough is a very contagious and serious illness, especially for young children and older adults.

On average, one in three children with whooping cough will be hospitalized, and one in 100 of those children will die. Coughing is the main symptom of this disease, and the coughing fits can last for 10 weeks or longer. Babies with whooping cough, however, may stop breathing instead of coughing during these fits, requiring emergency care.

It may seem like whooping cough is a disease from the past because the pertussis vaccine has been lowering occurrence rates since it was invented in 1914, but there are still current outbreaks that the Centers for Disease Control and Prevention (CDC) tracks. In 2021 alone, the CDC reported 2,116 cases of whooping cough in the United States. Although the cases have gone down greatly, the impact of the disease is still very serious and can be life threatening.



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

LCGHD Clinics

Special LCGHD Clinics

- Back to School Immunizations - 7/31, 8/7, 8/10
- Back To School Bash - 8/5

Regular Clinics

- Children - 8/14
- Adults - 8/16



How you can protect yourself and your loved ones from whooping cough:

- Pregnant women in their third trimester of **each pregnancy** can be vaccinated
- Children can get 5 doses of DTaP between 2 months – 6 years old
- Children can get 1 dose of Tdap between 11 – 12 years old
- Adults with no previous doses can get 1 dose of Tdap

You can get your vaccine by scheduling with the Lake County General Health District (www.lcghd.org/clinics), through your child's pediatrician, at a local pharmacy, or through Vaccines for Children (www.odh.ohio.gov/know-our-programs/Immunization/Vaccines-for-Children-VFC).

Reference: CDC 2021 Final Pertussis Surveillance Report (www.cdc.gov/pertussis/downloads/pertuss-surv-report-2021.pdf)

Health District Updates

Lake County Connections

Welcome Rhonda to the Team!

Lake County Connections welcomes Rhonda Anthory of Vantage Aging. Rhonda will be doing community canvassing and outreach for LCC to build partnerships to further its service outreach in the community, and to highlight the services Connections has available for residents in and out of the county.



Lake County Connections (LCC) is excited to have been able to attend and participate in several special events earlier this year that support and educate Lake County seniors.

Lake County Commissioners' Senior Service Mobile Food Pantry

In early March, LCC partnered with the Lake County Commissioners' office, Laketrans, the Cleveland Food Bank, and the Lake County Volunteer Network to create an updated video that showcases the work the Senior Service Mobile Food Pantry has done over the past three years. The Food Pantry served seniors throughout the COVID-19 pandemic and has continued their work after it became clear that residents appreciate and rely on the service. To learn more about the Senior Service Mobile Food Pantry, you can watch the new video on the LCGHD YouTube channel at tinyurl.com/2sx49kmd.

Senior Day at the Mall

In mid-May, the Connections team was able to join a large variety of peer-specific organizations at the annual Senior Day at the Mall event, which was their first in-person event since 2019. This event doubled as support for the Lake County Senior Services levy, and it celebrated Senior of the Year participants at the award ceremony. Just over 400 community seniors attended and enjoyed learning about resources from each of the participating organizations, including LCC.

Safe Communities Coalition: Buckle Up

Lake County Connections aims to educate and reach seniors in every aspect of life, including driving. This is why the Connections team was an active participant in the Click It or Ticket high-visibility enforcement effort at a local McDonald's. They, along with other members of the Safe Communities Coalition surveyed the seatbelt rate of customers in the drive-thru, gifting those who were buckled in with free fry coupons, and Smarties® candies for those needing a gentle reminder.

Looking Forward

Looking ahead, the Connections team will continue to support senior events in the county, and continue to develop and share their own peer-focused services and resources with Lake County seniors.

Learn more about LCC at www.motivatelakecounty.com/lake-county-connections

Sign up now!



Scan for info



Health District Updates

Population Health & Emergency Planning

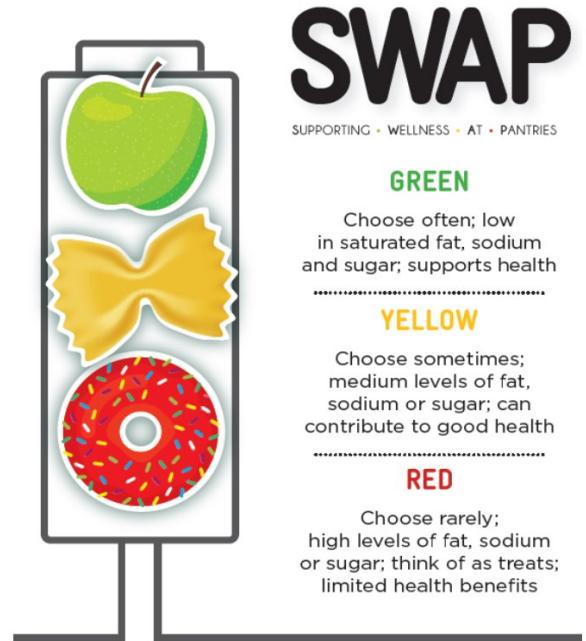
LCGHD and the Food Pantry at St. Gabriel’s Church are collaborating to promote Supporting Wellness at Food Pantries (SWAP) guidelines to help clients have more control over their food choices.

Using resources from the Ohio Department of Health, LCGHD helped put up posters and tagged food showing green, yellow, or red health benefits to help clients make educated decisions about what kind of food they want.

The Food Pantry at St. Gabriel’s Church in Concord is available to residents of Painesville, Concord, and Mentor with no income requirements. The food pantry has non-perishable options, fresh produce, and a refrigerated dairy, milk, eggs, and meats section. It also has personal care products available while supplies last. Residents are able to make one visit per month, and can get an assisted grocery shopping experience where a volunteer will walk with each client and guide them through finding and picking what they need.

The pantry is always taking donations. Visit www.st-gabriel.org/food-pantry.html to find out how to donate, pantry hours, and requirements to use the pantry.

LCGHD is excited to work with other Lake County food pantries, as well. Please contact **Emily Kolacz**, Health Educator, at **440-350-2451** for more information about implementing SWAP at your local food pantry.



Additional Food Resources

- Lake County Food Pantry List through United Way: www.uwlc.org/food-pantries
- Information about the Supplemental Nutrition Assistance Program (SNAP), as well as other programs on the Greater Cleveland Food Bank website: www.greaterclevelandfoodbank.org/programs-services/snap-outreach
- The Greater Cleveland Food Bank food pantry locator: www.greaterclevelandfoodbank.org/get-help/find-food

Health District Updates

Environmental Health

This year, Lake County has seen a larger number of Lyme disease cases, an illness caused by tick bites. If left untreated, the diseases can have very serious and long-term effects. According to the Ohio Department of Health, Lyme disease in Ohio saw an increase from 67 cases in 2012 to 590 cases in 2021, with a steady increase every year. With more Ohioans getting Lyme disease, the best protection for residents is to understand what the disease is and how to prevent it.



Image: Tania Nanavati | Lake County General Health District

What is Lyme Disease?

Lyme disease is a sickness caused by the bite of a blacklegged or deer tick (*Ixodes scapularis*) that carries the *Borrelia burgdorferi* bacterium. Ticks are most commonly found in wooded areas or areas with thick brush and grass; but even if you are not walking in these areas, dogs can carry ticks into the home from outside, which could then bite and infect a human. Though dogs can get Lyme disease, dogs cannot pass the disease to humans. If your dog gets Lyme disease, you can ask about a vaccine from your veterinarian.

Typical symptoms of Lyme disease include fever, headache, tiredness, and a characteristic called "bull's-eye" skin rash. If left untreated, infection can spread to your joints, heart, and nervous system, causing long-term medical problems. Most cases of Lyme disease can be treated successfully with a few weeks of antibiotics, but there is no vaccine for Lyme disease for humans.

For more information on Lyme disease, visit the following websites:

Ohio Department of Health

www.odh.ohio.gov/know-our-programs/zoonotic-disease-program/diseases/lyme-disease

LCGHD

www.lcghd.org/insects-bed-bugs-ticks/

CDC

www.cdc.gov/lyme/index.html



You can also call (440) 350-2543 if you have further questions.

What you can do to prevent Lyme Disease:

- Wear white or light-colored clothing so that it's easier to spot any ticks
- Use insect repellents
- Treat clothing and gear with products containing 0.5% permethrin
- Help your kids apply repellent and keep it away from their eyes, mouth, and hands
- Avoid taking short cuts through brush and grass
- Take a shower to wash off ticks you can't see
- Remove any ticks you see as soon as you notice them by grasping it with tweezers and pulling straight out

A Note from the Health Commissioner

Dear Friends,

I'm delighted to share that Lake County has continued to rank among the healthiest counties for both health outcomes and health factors in the 2023 County Health Rankings, with a ranking of 16th overall in the state of Ohio. County Health Rankings is an invaluable measure of health progress, which not only gives insight into the health of our county, but also of new areas of focus as the criteria for health updates each year.



*Health Commissioner
Ron Graham*

This year County Health Rankings has been updated to include a greater focus on civic infrastructure and civic participation, topics which reflect the opportunities people have to participate in their communities. LCGHD is committed to partnering with local agencies to foster a sense of belonging to all residents of Lake County. In addition, LCGHD seeks to mentor local businesses and students, as well as provide opportunities for volunteering within our Medical Reserve Corps so we may continue to rank high in these new elements.

The results of each year's County Health Rankings, as well as our 2022 Community Health Needs Assessment, helped to create our 2023-2025 Community Health Improvement Plan (CHIP), which came out in March of this year. The CHIP is meant to help LCGHD and our partners prioritize health needs and identify strategies to impact those health needs here in Lake County. LCGHD collaborated with 17 other local agencies and considered data accumulated from surveys issued to the public to identify three overall priority areas to be considered for local planning. The areas identified are 1) Access to Healthcare, 2) Behavioral Health (Mental Health and Substance Use and Misuse), and 3) Chronic Disease.

As part of LCGHD's commitment to data-informed decision-making, we strive to use the most recently available data to guide our work and give us a snapshot of where we have come from and where to shift our attention. Important to this process is information we receive from the public through surveys and other data-collection strategies. If you are invited to complete an LCGHD-sponsored survey, or if you have suggestions as to how we can improve our processes after receiving an LCGHD service, we welcome your participation.

Over the next few years, we will continue to evaluate and modify our strategies to meet the changing needs of our community. We look forward to continuing to strive for excellence and service to the residents of Lake County.

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

July

Jul. 28: World Hepatitis Day
UV Awareness Month

August

Aug. 18: Drive Sober or Get Pulled Over Kick Off Event

National Immunization Awareness Month

Children's Eye Health and Safety Month

National Breastfeeding Month

September

Sept. 9: Hometown Heroes Event

Healthy Aging Month

National Food Safety and Education Month

National Childhood Obesity Awareness Month

National Recovery Month

National Preparedness Month



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

