

Lake County General Health District **NEWSLETTER**

Featured Highlights:

Access to Care Survey: Lake County Residents' Barriers to Healthcare

WIC's 50th birthday is coming up and you're invited

Preparedness: Plan for Your Pets!

Overdose Emergency Boxes: Easy Access to Life-Saving Medication

Painesville Safety Town, "Where is Dave?", Senior Days, and more!

Environmental Health Increases Staff for a Busy Summer

Health Commissioner Update

Falling into Health and Preparedness with LCGHD

Fall is nearly here, so let's wrap up Summer and head into Fall with some events from Lake County General Health District (LCGHD) and valued partners along with an opportunity to understand Lake County residents' barriers to healthcare.

We also look forward to you learning about access to naloxone through emergency boxes, ways to prepare for your pets in a case of an emergency, the ways we're increasing staff for summer, and a note from our Commissioner on the importance of local public health initiatives.

Stick around, and learn more!



**Lake County
General Health District**

Public Health
Prevent. Promote. Protect.

Health Data Feature

Access to Care Survey: Lake County Residents' Barriers to Healthcare

LCGHD is looking to learn about barriers that may prevent Lake County residents from receiving proper healthcare through a 2024 Access to Care Survey. This survey is being conducted by the Community Health Needs Assessment (CHNA) & Community Health Improvement Plan (CHIP) Partnership to gain insights into the issues that prevent Lake County residents from receiving needed healthcare services.

The public's participation is essential to this process, and their responses are greatly appreciated.

It's a brief survey (also available in Spanish) and participants DO NOT need to provide their name or contact information on the survey.



Participants may only answer questions they are comfortable answering. Answers will be confidential, and only summary information from all respondents will be reported. No identifying information will be shared that can compromise individual's privacy.

Look out for the pictured weekly posts on our Facebook page about the survey so that you, your family, or your clients know where to take it; or, scan the QR code to be taken to the survey. Participants must be at least 18 years of age and currently live in Lake County, Ohio to complete the survey.



For more information regarding Health Data at LCGHD, visit our website at www.lcghd.org/boardofhealthminutes/healthdata/

Health District Updates

WIC (Women, Infants, and Children)

WIC's 50th birthday is coming up and you're invited

2024 marks Women, Infants, and Children (more commonly known as WIC) 50th birthday! Just in time before the start of school, join the Lake-Geauga WIC Program in celebrating their 50th Birthday on August 16 from 1 to 4 pm at the Charlton Abbott in downtown Willoughby. The event is free for all to attend, and full of family fun activities for everyone. There will be face painting, yard games, crafts, cupcakes, gift bags, raffle prizes and more!



Did you know that WIC has been providing nutrition education and breastfeeding support to pregnant, breastfeeding, and postpartum moms, along with infants and children up to the age of 5 across the nation for 50 years? Ohio WIC encourages all WIC programs across the state to celebrate and educate families about the importance of WIC and how the service improves health outcomes from women, infants, and children.

August is also Breastfeeding Awareness Month, and WIC is committed to supporting women in their breastfeeding goals. There will also be local WIC breastfeeding peers available at the party to educate and inform the public about Ohio's Breastfeeding policies, and how to make breastfeeding work for you. For this event, WIC is partnering with a number of Lake County community agencies to provide information about other local resources that are available in the area. Committed agencies include Birthright of Lake County, Lake County Lifeline and Dolly Parton's Imagination Library, CareSource, Signature Health, and Lake-Geauga United Head Start.

For more information and to RSVP for the event, visit Lake-Geauga WIC on Facebook.

Learn more about Lake-Geauga WIC at
www.lcghd.org/wic/.

Health District Updates

Preparedness: Plan for Your Pets!

As beloved members of your family, it's important to be sure your pets are included in your family emergency plans. How can you make sure your pets are included? Here are some tips:

Make a plan. You should make sure your family plan includes things like:

- Having a plan for what to do with your pet if you must evacuate your home. Often, public shelters do not accept pets. It's important to know a place ahead of time that will be safe to take your pets if an emergency happens.
- Consider a microchip. This will help locate your pet if you get separated. Make sure if you have one, you keep your address and contact information current, and you have a designated emergency contact outside of your immediate area in case it is hard to reach you.



Make an emergency kit for your pet. Just like you, your pet will have urgent needs in an emergency. It's best to keep their kit in a waterproof and airtight container and include things like:

- Several days' supply of food
- Medicine
- Backup collar with ID tag and harness or leash, and copies of your pet's registration information
- Traveling bag, crate, or sturdy carrier for each pet, if possible
- Grooming items
- Picture of you with your pet to help document ownership and assist in case you become separated from your pet.
- Familiar items like favorite toys, treats, or bedding to help reduce stress for your pet.

Keep Informed

- Have a way to get information, like wireless alerts so you get warnings for your area. Lake County uses a Wireless Emergency Notification System that you can sign up to get texts, calls, or emails. (https://entry.inspironlogistics.com/lake_oh/wens.cfm)
- Listen to local officials when you're told to evacuate or shelter in place.
- Always bring your pets indoors as soon as there are signs of a storm or other kind of emergency.

For more information and resources in planning for your pets, visit www.ready.gov/pets

Health District Updates

Overdose Emergency Boxes: Easy Access to Life-Saving Medication

LCGHD is happy to provide businesses, community organizations, and other public locations with wall-mounted, overdose emergency boxes that allow bystanders easy access to life-saving medication called naloxone when an overdose is suspected. Naloxone (also known as Narcan®) is a medication that can reverse an overdose caused by an opioid drug (heroin or prescription pain medications) and prevent overdose death. When administered during an overdose, naloxone blocks the effects of opioids on the brain and quickly restores breathing.

Naloxone has no potential for abuse and DOES NOT reverse overdoses that are caused by non-opioid drugs, such as cocaine, benzodiazepines (e.g. Xanax, Klonopin and Valium), methamphetamines, or alcohol. After naloxone is administered, 911 must still be called immediately so that emergency medical services (EMS) can take the patient to the hospital for monitored treatment.

Currently, overdose emergency boxes can be found at the Kirtland Library, Kirtland Community/Senior Center, Kirtland Schools, Willoughby Public Library, Willowick Library, Marous Brothers Construction in Willoughby, and Mar-Bal, Inc. in Painesville. LCGHD is working to expand availability to other public areas within Lake County.

Coming Up!

Saturday August 31st is International Overdose Awareness Day. Please join LCGHD and other organizations from 3:00 p.m.-6:00 p.m. at Veterans Park in Painesville for guest speakers, a memorial ceremony and more, as we celebrate the memory, life, and recovery of those affected by substance use.

For more information on naloxone distribution, please visit www.lcghd.org/naloxone-distribution/.

Kits and Training

LCGHD can train businesses, organizations, and community members on how to recognize an overdose, distinguish between different types of overdoses, and administer naloxone. Naloxone kits and materials are provided free of charge, courtesy of funding from the Ohio Department of Health. For more information about installing an emergency box, training for a group, or to receive a naloxone kit, please contact 440-350-2844 or visit www.lcghd.org/naloxone-distribution/.



Health District Updates

LCGHD Bike Safety and Wellness

Painesville Safety Town, "Where's Dave?", Senior Days, and more!

LCGHD was privileged to have participated in the 2024 Painesville Safety Town pilot program. Connections Senior Cycling Instructor was able to represent LCGHD joining other community partners and contributing to its success through bike safety education.

The team also kicked off a social media campaign titled "Where's Dave?" It is a bit of a play on the book series "Where's Waldo?" where followers can guess various locations Dave has biked to throughout Lake County, Ohio. Each week, those with a correct guess are entered into a drawing with prizes secured through donations. At the end of the series, a grand prize will be awarded. The eight-week series has drawn high engagement and will continue with a new series beginning in August. Follow along on our Facebook and Instagram accounts to submit a guess to enter, and win your own prize!



Lake County Fair Senior Day Seniors visited the LCGHD vendor information table received a treat from the Connections group at the fair, as well as educational brochures. Seniors who participated in the Safe Communities 'Buckle Down' checkpoint received a ticket that was exchangeable for an additional gift.

Learn more about the Senior Cycling Program

Listen to Health Educator David Patton talk about LCGHD's Senior Cycling Program at www.youtube.com/watch?v=5_6gWmagg5Kw.

Looking ahead

Lake Metroparks Farmpark Senior Day, September 12th. Visit LCGHD's educational vendor table, view fun and educational videos created for the Connections YouTube library and then get ready for a demonstration from our senior cycling instructor on one of LCGHD's stationary bikes. Following the demonstration, you can join him while virtually cycling through Belgium, Australia, or Colombia with your peers! Demonstrations will take place throughout the day. Let's get peddling!

Interested senior centers should contact LCGHD at **440-350-2543** and ask to speak with Dave.

Environmental Health

Environmental Health Increases Staff for a Busy Summer

This summer, LCGHD's Environmental Health department increased its staff by 50% to accommodate the extra busy summer season:

- 7 Additional Mosquito Larval and Surveillance Staff. *Mosquito spraying has begun! The mosquito larval staff are responsible for identifying and treating areas of active mosquito breeding. The surveillance staff are responsible for collecting, counting and shipping mosquitos to the Ohio Department of Health for West Nile Virus testing.*
- 4 Mosquito Truck Drivers. *The night drivers operate the spray trucks as needed throughout the summer to maintain a consistent spraying schedule for identified areas.*
- 1 Beach Staff Member. *The Beach staff sample Mentor Headlands and Fairport Harbor Beaches daily for the presence of E. coli and harmful algal blooms.*
- 1 Stormwater Specialist. *The stormwater staff assist with screening storm drain outfalls for the presence of contaminants.*
- 5 Operation and Maintenance (O&M) Water Sampling Staff. *The O&M staff sample discharging septic systems.*



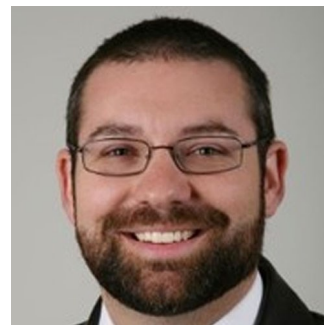
Stay in the know!

Keep an eye on the beach water quality results at www.lcghd.org/beaches/ so that you know before you go. Find out if and when your area is getting sprayed for mosquitos at www.lcghd.org/mosquito-control/ or you can follow us on our Facebook page to get weekly updates.

A Note from the Health Commissioner

Dear Friends,

Local public health initiatives play a crucial role in shaping the future of children and families by improving their well-being and happiness. As a parent, there's nothing more important than ensuring the well-being and happiness of your children. As a society, it's crucial that we prioritize the health and well-being of our children, as they are the future leaders, innovators, and pillars of our communities. Local public health plays a vital role in shaping the future of children and families, and its impact extends far beyond just physical health.



*Health Commissioner
Ron Graham*

- 1. Early Childhood Development** Local public health initiatives can support new mothers and infants through home visiting services, promoting proper nutrition, regular check-ups, and healthy habits.
- 2. Prevention of Chronic Diseases** By promoting healthy behaviors like exercise, nutrition, and hygiene, local public health efforts can reduce the risk of chronic diseases like diabetes and asthma.
- 3. Mental Health Support** Local public health initiatives can provide vital support to children and families struggling with mental health issues through school-based services, counseling, and crisis hotlines.
- 4. Access to Healthcare** Affordable healthcare services, including primary care, dental care, and specialty care, can help reduce healthcare disparities and improve outcomes for underserved populations.
- 5. Family-Focused Interventions** Programs like home-based services and parent-child interaction therapy can strengthen family bonds, improve parenting skills, and reduce stress levels.

In addition to these benefits, investing in local public health initiatives can also have **Economic Benefits**, such as reducing absenteeism from work, improving productivity, and increasing economic growth. Overall, prioritizing local public health initiatives is crucial for creating a healthier, happier society and ensuring the well-being of our most valuable resource: our children.

Warmest regards,

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>



Important Dates

August

- Cycle to Work Day (Aug 1)
- World Breastfeeding Week (Aug 1-Aug 7)
- National Road Victim Month
- National Immunization Awareness Month
- International Overdose Awareness Day event at Veteran's Park on Aug. 31

September

- CLOSED Sept. 2:** Labor Day
- Healthy Aging Month
- National Childhood Obesity Awareness Month
- National Recovery Month

October

- CLOSED Oct. 14:** Columbus Day
- Health Literacy Month
- National Breast Cancer Awareness Month
- National Latinx AIDS Awareness 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

