

# TRUMBULL COUNTY COMBINED HEALTH DISTRICT NEWSLETTER

## FOOD SAFETY BEFORE, DURING AND AFTER A POWER OUTAGE

Know how to keep food safe before during and after emergencies. Hurricanes, tornadoes, winter weather and other events may cause power outages. Follow these tips to help minimize food loss and reduce your risk of foodborne illness.

### BEFORE

PLAN AHEAD (IF YOU CAN) ...



Put **appliance thermometers** in your refrigerator and freezer.

Keep **freezer 0°F** or below

Refrigerator **40°F** or below

Freeze **containers of water and gel packs** to help keep food cold if the power goes out.

Freeze refrigerated items such as leftovers, milk, and fresh meat and poultry that you do not need immediately.

**Group foods together** in the freezer to help food stay colder longer.

If you think power will be out for an extended period of time, buy **dry or block ice** to keep the fridge or freezer cold.

Store nonperishable foods on higher shelves to avoid flood water.

### DURING

WHILE THE POWER IS OUT ...

Keep the refrigerator and freezer doors closed to **maintain cold temperature**.

**CLOSED**

IF DOORS STAY CLOSED ...

... a full freezer will hold its temperature for **48 HOURS** if half-full **24 HOURS**

... a fridge will keep food safe for **4 HOURS**

### AFTER

ONCE THE POWER IS BACK ON ...

WHEN IN DOUBT, THROW IT OUT!



**Check the temperature** inside of your refrigerator and freezer. If they're still at safe temperatures, your food should be fine.

Never taste food to **determine its safety!**

WHAT CAN I KEEP?

The following foods are safe if held above 40 °F for more than 2 hours:



WHAT SHOULD I THROW OUT?

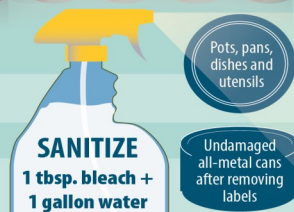


REFREEZE FOOD THAT STILL CONTAINS ICE CRYSTALS OR IS AT 40°F OR BELOW.

FOLLOW THESE STEPS AFTER A FLOOD:

- DO NOT EAT any food that may have touched flood water.
- DISCARD FOOD not in waterproof containers; screw-caps, snap lids, pull tops, and crimped tops are not waterproof.
- DISCARD cardboard juice/milk/baby formula boxes and home canned foods
- DISCARD any damaged cans that have swelling, leakage, punctures, holes, fractures, extensive deep rusting, or crushing/denting severe enough to prevent normal stacking or opening.

## AFTER A FLOOD



Public Health  
Prevent. Promote. Protect.

## 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.



April 22-29, 2017

An annual observance to highlight the importance of protecting children two years old and younger from vaccine-preventable diseases and celebrate the achievements of immunization programs in promoting healthy communities. For information on immunizations and to schedule an appointment at our immunization clinics call 330-675-2590, #3.



For more food safety tips, go to [FoodSafety.gov](http://FoodSafety.gov)



## NEW!!

Effective March 1, 2017, the Trumbull County Combined Health District has contracted with a company called **Vaxcare** to provide adult vaccines and to begin billing some insurance companies for covered immunizations. We will be providing the same vaccines as we have in the past, as well as some new ones. Insurance eligibility will be verified when calling for an appointment or at time of service. Vaccines covered by your insurance will be administered with no charge by us. If determined vaccines are not a covered benefit, a self-pay option will be available. Any financial responsibility will be billed directly from **Vaxcare**. For more information call 330-675-2590, #3.

## National Child Abuse Prevention Month

National Child Abuse Prevention Month is a time to acknowledge the importance of families and communities working together to prevent child abuse and neglect, and to promote the social and emotional well-being of children and families. In recognition of Child Abuse Prevention Month, Trumbull County CSB will have their annual Pinwheels of Prevention event which will take place on April 7, 2017, 1:30-3:30 pm on the front lawn of Warren's City Hall. Each pinwheel represents one report of child maltreatment in the county. The pinwheels also represent adults who provide a voice and advocate for children.



## Baby & Me Tobacco Free Program

### What is Baby & Me Tobacco Free?

A free smoking cessation program for pregnant women with an opportunity to get **FREE** diapers



### Who?

- Pregnant women who smoke or were a daily smoker at least 3 months prior to becoming pregnant. **(NO Age or Income Requirements)**
- A partner can also be enrolled in the program, and if they also quit, mom is eligible for \$50 in diapers each month (vs. \$25/month if only mom quits)

### How Does It Work?

- Pregnant women who are enrolled in the program meet for 4 prenatal counseling sessions, quitting education and carbon monoxide testing
- After the birth of the baby, the mother returns for carbon monoxide testing every month for up to 12 months.
- Each month she is smoke-free she receives a **\$25** voucher for diapers at Walmart (*use vouchers on any brand & any size diapers*)

### Smoking During & After Pregnancy - The Facts!

- One of the most common preventable causes of **Infant Mortality**.
- Can Cause **Miscarriages, Premature Births, Low Birth Weights and Stillbirths**
- Among women giving birth in Ohio, **17%** smoke during the 3<sup>rd</sup> trimester of pregnancy (2x higher than nation)
- More **100,000 U.S. infants died** as a result of **SIDS** in the past 50 years (per 2014 Surgeon General report)  
Includes complications of low birth weight or prematurity, or other pregnancy problems resulting from parental smoking
- The highest desire to quit is when pregnant, but the urge to smoke can return after delivery
- Non-smoking mothers reduce the damaging effect of exposure to secondhand smoke on their children

**For more information or to enroll, please call 330-675-2590, #3.**

# EVERYONE NEEDS TO KNOW THE FACTS ABOUT SAFE SLEEP

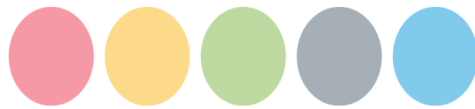
**There are ABC's about safe sleeping for your baby.** The **A**—stand for **Alone**, the **B**—stands for on the **Back**, And the **C**— stands for in a **Crib** (or bassinet or Pack N Play). Babies are a the highest risk for SIDS from birth to 6 months. There are many things that mothers, grandparents, and babysitters need to know to ensure that the baby is safe:

DO	DON'T
Put your baby to sleep on his/her back.	Put your baby to sleep on his/her side.
Put your baby in a crib, bassinet, Pack N Play.	Use a car seat, swing infant carrier or infant sling to sleep.
Use a firm crib mattress covered by a fitted sheet designed for the product.	Use blankets, pillows, or bumper pads in the crib.
Put your baby's crib in the same room as your bed for 1 year (room sharing).	Sleep in the same bed as your baby (co-sleeping).
Breastfeed your baby.	
Use a pacifier for sleep.	Hang a pacifier around your baby's neck.
Keep your baby's immunizations up to date.	Smoke around your baby.

**By following these rules you and your baby can have a long and happy life together.**

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Safe Kids Mahoning Valley will also be hosting Safe Kids Day 2017 at Jefferson PK-8 School on Saturday, May 20th from 10:00 AM - 2:00PM. There will be activities and games for children of all ages to learn about bike safety, fire safety, pool safety, and many more activities.



## Safe Kids Mahoning Valley Safe Kids Day 2017

May 20, 2017

10am-2pm

Held at:

Jefferson PK-8 School  
1543 Tod Avenue SW, Warren, Ohio 44485

Please contact Stephanie Weigel @ 330-729-1387 for more information and registration



### 6TH ANNUAL BIKE TO WORK WARREN BREAKFAST EVENT

Can't attend Warren's Bike to Work but still want to participate? Tag a photo of you riding your bike to work with #BikeToWorkWarren2017 to be submitted into a raffle!

If you can attend make sure to check in on Facebook for another chance to win.

**WHEN:** Friday, May 19, 2017

**TIME:** 6:00 am-9:00 am

**FREE:** Free continental breakfast to anyone who arrives on a bicycle.

**WHERE:** Log Cabin West of Court House Square Warren, Ohio

**WHY:** The purpose of the event is to encourage people to be more physically active by bicycling for transportation.

**WHO SHOULD ATTEND:** All bicycle enthusiasts

**T-SHIRTS & GIVE-AWAYS:** T-Shirts given to the first 100 people who arrive on a bicycle. Other prizes will also be available.

PRESENTED BY:  
**Bike to Work Warren Committee**

FOR MORE INFORMATION CONTACT:  
Jenna Amerine at 330-675-7807 or <http://www.trumbullmetroparks.org/parks-and-trails/bike-work-warren>

LIKE US ON FACEBOOK AT  
[BIKE TO WORK WARREN, @HIO](#)

## Human Trafficking

**Human Trafficking** is a form of modern-day slavery where people profit from the control and exploitation of others.

**Sex Trafficking:** Any commercial sex act that is compelled by force, fraud or coercion. Under federal law, any minor under the age of 18 induced into commercial sex is a victim of sex trafficking.

**Labor Trafficking:** The recruitment, harboring, transportation, provision or obtaining of a person for labor or services, through the use of force, fraud or coercion for the purpose of subjection to involuntary servitude, debt bondage or slavery.

**Signs of Human Trafficking – Sex Trafficking:** (For both minors and adults, look at the whole context of the situation.)

- Trading sex for money, food, shelter, drugs or other items
- Signs of physical abuse or neglect
- Exhibiting poor mental health
- Lack of control (i.e. individuals are not in control of own identification documents and/or are not able to speak for themselves)
- Minors: Presence of a controlling, abusive or older adult; possession of gifts and/or cash; runaways
- Minors at hotels, street tracks, truck stops or strip clubs
- Signs of prostitution, exotic dancing or stripping

**National Human Trafficking Hotline 1-888-373-7888 or Text INFO or HELP to BeFree (233733)**

-Governor's Ohio Human Trafficking Task Force Report (1/17)

## Public Health and Chronic Disease

Public Health, the practice of preventing disease and promoting health, effectively targets environmental factors and health behaviors that contribute to chronic conditions. The health risk factors of physical inactivity, tobacco use and exposure and poor nutrition are the leading causes of chronic disease. With even a small reduction in the prevalence of chronic disease, the combined health and productivity cost savings of prevention lead to a positive return on investment within a short time.<sup>1</sup>

### Population Burden

Almost one out of every two U.S. adults, 107 million people, reported having at least one of six chronic illnesses; cardiovascular disease, cancer, chronic obstructive pulmonary disease, asthma, diabetes or arthritis, in 2008.<sup>2</sup>

### Economic Cost

The five most costly and preventable chronic conditions cost the U.S. nearly \$347 billion – 30% of total health spending – in 2010.<sup>3</sup>

### Potential Cost Savings and Return on Investment

Effective public health interventions and policies that target chronic diseases lead to a healthier population with lower health care spending, less school and workplace absenteeism, increased economic productivity and an improved quality of life. By investing in prevention and treatment of the most common chronic diseases, the U.S. could decrease treatment costs by \$218 billion per year and reduce the economic impact of disease by \$1.1 trillion annually.<sup>4</sup>

**National Public Health Week April 3 – 9, 2017.**

<sup>1</sup>Urban-Institute, *The Role of Prevention in Bending the Cost Curve*, 2011

<sup>2</sup>Healthy People 2020, *General Health Status*, 2011

<sup>3</sup>Agency for Healthcare Research and Quality, *Medical Expenditure Panel Survey—Table of Total Expense*, 2010

<sup>4</sup>Milken Institute, *An Unhealthy America: Economic Burden of Chronic Disease*, 2007

-American Public Health Association, *Public Health and Chronic Disease: Cost Savings and Return on Investment*



## Ticks and Mosquitos

Due to the warmer than normal winter temperatures, tick activity may be higher than normal. As always take precautions to avoid direct contact with ticks by avoiding bushy areas with high grass and leaf litter. Also, use repellents that contain 20%-30% DEET on exposed skin and clothing.

The Ohio Environmental Protection Agency (OEPA) has sent out information regarding the 2017 Mosquito Grant. TCCHD will again take a lead role for Trumbull County and we will again collaborate with any community that wishes to participate. Info was sent out to all Trumbull County communities and TCCHD will submit the grant application before the due date of March 31, 2017.

## Community Collaboration

Ensuring all residents of the Mahoning Valley can live their healthiest lives is the focus of a newly formed collaboration, the **Healthy Community Partnership**. Several stakeholders, including Trumbull County Combined Health District, Community Foundation of the Mahoning Valley, Eastgate Regional Council of Governments, and Mahoning County District Board of Health, have started building the framework for the partnership and look to engage members from government, business, education, health care and more.

Recognizing we have excellent medical care, but not long, healthy, productive lives, the partnership will work together to improve what is driving our poor health- the conditions where we live, learn and work.

Casey Krell | Director of Supporting Organizations and Donor Services  
Community Foundation of the Mahoning Valley

## HOME SEWAGE TREATMENT SYSTEMS

Since 2010, the Trumbull County Commissioners working with the Trumbull County Combined Health District, the Trumbull County Sanitary Engineer's Office and the Trumbull County Building Department, have assisted 88 income-eligible, owner-occupied households with the repair or replacement of Home Sewage Treatment Systems (HSTS) through the Ohio EPA's Water Pollution Control Loan Principal Forgiveness Program. To date, \$1.2 million dollars in grant funds have been matched with \$177,000 in local funds to replace 88 HSTS' for a total expenditure of \$1.377 million dollars.

The program's success is attributed to the professional, dedicated staff working for the Trumbull County Combined Health District, the Trumbull County Sanitary Engineer's Office and the Trumbull County Building Department who contribute to the implementation of the program in coordination with the Grants Manager. Their role is key in preparing the technical specifications, arranging for tasks to be completed ahead of the procurement process, providing inspection oversight and any critical information required to carry out the program.

Trumbull County is in the process of income-qualifying additional households for assistance in 2017 with funding available through a \$300,000 grant recently approved by the Ohio EPA. Applicants are prioritized according to a Memorandum of Understanding executed by and between the Trumbull County Commissioners and the Trumbull County Combined Health District. Trumbull County will continue to apply for these funds as long as they are offered through the Ohio EPA. The program was discontinued after Program Year 2013 and funded again in 2016 after local governments requested it be reinstated.

Other funds secured to assist households with replacing failing HSTS' includes the Ohio EPA Water Pollution Control Loan Fund; American Recovery and Reinvestment Act and the USEPA Special Appropriation Program (State and Tribal Governments); both of these programs are no longer available.

For more information on the HSTS Reserve Program please contact the Grants Manager at 330-675-6620 or TCCHD at 330-675-2489 (#2).

Julie Green, Grants Manager  
Board of Trumbull County Commissioners Office

### Grant Systems Installed

<u>Twp</u>	<u># Systems</u>	<u>Amount</u>
Bazetta	6	\$79,133.03
Braceville	4	\$71,215.50
Bristol	5	\$69,349.41
Brookfield	8	\$106,483.87
Champion	4	\$72,241.20
Farmington	1	\$15,151.25
Fowler	4	\$46,933.31
Greene	3	\$34,973.25
Gustavus	1	\$14,365.00
Hartford	3	\$32,286.14
Hubbard	6	\$87,693.42
Johnston	7	\$80,501.68
Kinsman	1	\$12,562.72
Liberty	3	\$37,221.00
Mecca	5	\$65,493.50
Mesopotamia	3	\$42,001.55
Newton	8	\$119,513.77
Southington	1	\$12,781.12
Vienna	4	\$46,192.67
Warren	10	\$143,823.36
Weathersfield	1	\$10,837.50

**Contact Us**

176 Chestnut Ave. NE  
Warren, OH 44483

Phone: 330-675-2489

Fax: 330-675-2494

health@co.trumbull.oh.us

www.tcchd.org



**Public Health**  
Prevent. Promote. Protect.



[www.facebook.com/trumbullpublichealth](http://www.facebook.com/trumbullpublichealth)

# “Building a Healthy Community”

## Trumbull County Combined Health District Mission, Values & 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.*



It's Spring,  
Go Outside  
& Play!

## WASTEWATER OPERATION & TROUBLESHOOTING WORKSHOP

**Who should attend:**

This one-day workshop is on the operation and maintenance of sewage treatment plants. You will learn the basic concepts of operating the system and how to determine and correct problems.

**Instructors:**

The instructors are Rick Smith and Elizabeth Buening from the Ohio EPA Compliance Assistance Unit. Bob Hockstok will also be returning as a guest speaker.

**Where and When:**

Tuesday April 25, 2017 or Wednesday April 26, 2017  
Kent State University Trumbull Campus

**For information call:**

Rich Curl, R.S. 330-675-7801  
Julie Paolone 330-675-7878

**8.0 Contact Hours and CEU's will be awarded for Wastewater Operators, Registered Sanitarians and HSTS Installers.**

## Trumbull County's Overdose (OD) Epidemic

Year	OD Deaths	ER Visits for OD
2015	87	949
2016	104 (+2 pending)	1254
2017 YTD	30 (thru 3/21)	278 (thru 3/28)*

**\*160 of these occurred 3/1/17—3/28/17**

**Project Dawn**

- A community-based overdose education and naloxone distribution program.
- Naloxone is offered free to the public along with education to effectively administer Naloxone in the event of an overdose to **save a life**.
- To receive a free kit and the training, call TCCHD at 330-675-2590, option #3.

Available through funding from TC MHRB and The Trumbull Memorial Health Foundation.

**Treatment Options**

- TC Mental Health and Recovery Board, 330-675-2765
- Coleman Access Center, 330-392-1100
- Call 211 or text: FORHOPE to 741741

**Recovery is Possible and People can Recover**