

March & April 2025

Important Dates & Info.

National Nutrition Month -
March 2025

Save your Vision Month – March
2025

Medicaid Awareness Month -
April 2025

STI Awareness Month – April
2025

Stress Awareness Month – April
2025

National Doctor's Day –
3/30/2025

World Health Day – 4/7/2025

Spring is around the corner!

Public Health Trivia:

***In 1796, Edward Jenner
created the modern
vaccine for what disease,
now considered
eradicated?***



Trumbull County Combined Health District Newsletter

Vol. 4, Issues 3 & 4., (March / April 2025)

Another Community Health Assessment is on the Horizon.

Hey, Mahoning and Trumbull
County residents!

Tell us what you think!

Community Health Needs Assessment Survey



Or visit:

<https://www.surveymonkey.com/r/MercyHealthYoungstown>

Mercy Health Youngstown area Hospitals (serving Columbiana, Mahoning, and Trumbull Counties), and their partners, including Mahoning County Public Health, Trumbull County Combined Health District, Warren City Health District, and Youngstown City Health District, are conducting a short (15-minute or less!) survey to understand health needs in the community.

Share your thoughts on community health needs and how we can make our community a healthier place to live!



Family Connects Ohio

Family Connects Ohio, part of the Help Me Grow system of supports and Ohio Department of Children & Youth, is proud to partner with the Trumbull County Combined Health District to provide an in-home visit from a nurse who will offer support, guidance, and connections to additional resources, **at no cost to you.** ***This no-cost in-home visit is available to all families of newborns, who reside in Trumbull County.*** A nurse will come to the home of the newborn to check on the baby, birthing parent, and the whole family. To learn more, please visit helpmegrow.org/familyconnects and sign up to receive this service.

Contact Us

Address:

194 W. Main St.
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TCCHD History

1961 – TCHD becomes a “combined health district”, with the addition of the city of Hubbard and Newton Falls. Expanding the BOH from 5 members to 7. (Info out of 1961 TCHD Annual Report)

TCCHD Industry News

Keeping Trumbull County Safe and Healthy one step at a time!

1. The Environmental division for December 2024 & January 2025:
 - i. Performed **311** Food Service Operations Inspections,
 - ii. **199** Real Estate Evaluations,
 - iii. **334** Residential Sewage inspections,
 - iv. **93** Plumbing Inspections,
 - v. And **966** O&M Samplings.
2. The Nursing division for November & December 2024:
 - i. Held **4** children immunization clinics and saw **21** clients,
 - ii. Held **2** adult immunization clinic and saw **16** clients,
 - iii. Had **68** families enrolled in their home visiting program and provided **185** tele/home visits.
3. The TCCHD continues to offer Mail-Order Narcan Kits through our Project Dawn program. Please contact **Tammi Krafft** at **330-675-2489** for more details.

Upcoming Events in Trumbull County

- Women's LeadHERship Summit – 3/20/2025, 3:30 pm – 7 pm,
Eastwood Event Centre 5555 Youngstown-Warren Rd. Niles, Ohio, 44446.
- 1st Annual Health Awareness Fair – 4/12/2025, 11 am – 4 pm,
YWCA, 375 North Park Ave., Warren, Ohio, 44481.

TCCHD Nursing Department offers many services

- Safe Sleep classes
- Car seat classes
- Immunization clinics for adults and children
- TB testing and treatment
- Narcan training
- Pregnancy testing
- Covid and flu testing
- Sight for Students Program
- Family Connects Ohio Nurse Home Visiting Program
- Help Me Grow Home Visiting Program
- Complex Medical Help Program (aka BCMH)
- Communicable Disease Investigation
- Rabies and Animal Bite Investigation
- Emergency Preparedness

APHA National Public Health Week is April 7-13, 2025

30 Years NPHW: It Starts Here

30 Years NPHW National Public Health Week: It Starts Here
APRIL 7-13, 2025

Did you know Americans live an average of 35 years longer today than they did when the American Public Health Association (APHA) was founded over 150 years ago? This incredible progress is thanks to public health efforts improving the well-being of communities across the nation and around the world.

Public health isn't just for a single person — it's for you, your friends, your family and everyone in your community. Public health affects how we all live, work, and play — it's an invisible force that protects our safety and well-being.

Public health continues to prioritize health at every level, ensuring that everyone can thrive. Recent efforts have led to the eradication of various diseases in regions across the globe, the expansion of vaccination programs to protect children and older adults, and the securing of funding for foundational public health services to address urgent needs like reproductive care, behavioral health and climate resilience.

Live Well Trumbull Hub



Customer Satisfaction Survey QR



Immunization Clinics

The TCCHD offers many routine vaccinations for adults and children, including the up-to-date influenza and Covid vaccinations. Please contact our office at 330-675-2489 for more information or visit our website at tcchd.org.

"Your one Trusted, and Unified source for all resources related to Health and Wellness in Trumbull County"

Visit the Trumbull County Wellness Hub at:

<https://livewelltrumbull.com/>

- ✦ Create a Free account,
- ✦ Register for and take Challenges,
- ✦ Access our Calendar of Events,
- ✦ Hear from experts,
- ✦ Access great resources from a number of partners.

Don't Wait...Explore the site today!

Ever visited the Trumbull County Combined Health District?

Let us know how we did with our survey below!

Customer Satisfaction Survey:

<https://www.surveymonkey.com/r/TKBSNMT>

Would you like to see something else added to the newsletter?

Let me know! Email me at hebonack@co.trumbull.oh.us

Family Connects is coming to Trumbull County!

Do You Live in Trumbull County?

Family Connects Ohio

Part of the Help Me Grow system of supports

The first few days and weeks home with a newborn can be a challenging time for everyone. Let Family Connects Ohio lend a helping hand.

Help Me Grow is proud to partner with Trumbull County Combined Health District and Family Connects International to provide an in-home visit from a nurse who will offer support, guidance, and connections to additional resources—at no cost to you.

Help for baby

- Baby health check
- Infant feeding and fussiness
- Bathing, diapering and swaddling
- Safe sleep

Help for mom

- Mom's health check
- Breastfeeding support
- Family planning advice
- Post-partum depression screening

Help for family

- Scheduling doctor's appointments
- Understanding child care options
- Early literacy information
- Community connections

Schedule your personalized visit

A representative will contact you or use the QR code.



To learn more, please call (330) 616-3322 or email hmgreferrals@helpmegrow.org.

Team



Erin Heckman, RN
Nursing Supervisor



Shannon Wellacher, RN
Nurse Home Visitor



© Bridge for Growth 2024 & 24

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Seventh Employee Spotlight

Meet Makenzie Hettrick



Makenzie is a Health Educator in the Administrative Division.

I had the opportunity to sit with Makenzie for a few minutes and ask her a few questions.

Me: What is your job here?

Makenzie: *Health Educator.*

Me: How would you describe the work environment of the team?

Makenzie: *Motivating, supportive, and respectful.*

Me: What was your first job?

Makenzie: *Hostess at Eat' N Park. I also worked in the bakery.*

Me: Are you bingeing any shows right now?

Makenzie: *Yes! Yellowjackets.*

Me: Who or What motivates you?

Makenzie: *My dad! He worked so hard in life but never got to enjoy the life he built for himself. I live my life to the fullest for the both of us.*

Me: Who or What inspires you?

Makenzie: *My mom! She has accomplished so much in her life thus far. She is the reason why I am who I am today. I owe everything to my mom.*

Me: Do you have any hobbies/interests?

Makenzie: *I love to read! I also taught myself how to crochet recently, so I am always working on a new project.*

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A Message from the TCCHD regarding the importance of and purpose of public health regulations.

As many of you have seen in previous versions of The Trumbull County Combined Health District Newsletter, we ALWAYS offer a segment known as

"TCCHD Industry News Keeping Trumbull County Safe and Healthy one step at a time!"

This segment was introduced as a means to demonstrate the volume of work the TCCHD does on a monthly basis. However, the question has been raised as to why we do (or what is the purpose of) these inspections and services we offer. So, the TCCHD wanted to provide the purpose behind these inspections and services so all the Trumbull County residents that use these services have a better understanding.

Food Inspections – These are performed to mitigate the public's possible exposure to foodborne illness which is highly preventable if the right steps are taken.

Point of Sale/Real Estate Inspections – These inspections are performed to prevent raw and poorly treated sewage from entering and contaminating surface and ground waters, resulting in human illness.

Plumbing Inspections – These inspections ensure proper drainage of water and wastewater from households and businesses while preventing sewage odors from entering the household

A Message from the American Public Health Association (APHA)

Public Health Starts with you:

Making healthy food accessible to all

Bringing farmers markets, mobile markets and community-supported agriculture programs to underserved areas increases access to healthy, affordable food. These programs support local farmers and make fresh produce more available to low-income communities.

Hosting farmers markets or mobile markets in local spaces also helps build community connections while promoting healthier eating.

Building accessible parks and community gathering spaces

Parks and green spaces foster healthy communities by offering safe, inclusive environments for people of all ages and abilities to connect, stay active, and support their mental and physical well-being. Creating more accessible parks ensures that everyone can enjoy these benefits, promoting both individual health and community well-being.

Preparing residents for emergencies and crises

There is a need to build stronger emergency preparedness systems to help communities respond to natural disasters, disease outbreaks, and other crises. This includes providing residents with essential resources, education and training so they can stay safe and protect their families during emergencies.

Investing in the public health workforce

We can strengthen the public health workforce by providing more training and support for public health professionals. This investment ensures that workers have the skills and resources to respond to current and future health challenges.

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LYME AWARENESS

What Is Lyme Disease?

- Lyme Disease is the most common vector-borne disease in the U.S.
- 476,000 Americans are diagnosed with Lyme Disease each year
- Lyme Disease affects all ages, across all 50 states



How Do You Get It?

- It's caused by a bacterium, the spirochete *Borrelia burgdorferi*, in most cases (other strains exist)
- Lyme Disease is transmitted to humans mainly through the bite of an infected black-legged tick
- There's also evidence that these spirochetes can be passed through childbirth, and possibly through sexual contact



Early Signs

- Flu-like symptoms – chills, fever
- Swollen lymph nodes
- Fatigue
- Headaches
- Achy joints
- Sore Muscles
- Nerve pain
- Brain fog / Cognitive issues
- Characteristic Skin Rash*

Later Signs

- Bells' Palsy / Facial palsy
- Eye inflammation
- Stiff neck
- Trouble sleeping
- Anxiety
- Nausea / Vomiting / Gastric distress
- Light & Sound Sensitivity
- Air hunger / Shortness of breath

Erythema Migrans – Not all Lyme Rashes look the same!



Tick Facts

50% of all patients don't recall being bitten by a tick! Only 30% of cases record a rash.

Ticks carry and can pass on additional infections in the same bite – including babesia, bartonella and ehrlichiosis. These common coinfections can be serious and can require specialized treatment.

What To Do If You Suspect You Have Lyme Disease:

- Remove any attached ticks properly – visit: cdc.gov/ticks/removing_a_tick.html
- Save the tick in a plastic bag – it can be tested.
- Call your MD and let them know you suspect Lyme Disease. Make sure you mention any suspected exposure to ticks, a tick bite, rash, and the symptoms you're experiencing.
- Your MD can order blood testing; however, Lyme Disease is a clinical diagnosis – based on symptoms, exposure and testing.
- If you experience trouble breathing, or other serious symptoms, visit the ER.
- Lyme Disease, when not treated properly and timely, can develop into a chronic illness.

DON'T WAIT to alert a medical professional.

Visit www.cdc.gov/lyme to learn more about Lyme Disease and other tickborne diseases and how to prevent them.

FLU AND COVID VACCINES

TRUMBULL COUNTY
COMBINED HEALTH DISTRICT
194 W. MAIN ST
CORTLAND, OHIO 44410

PLEASE CALL
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330-675-2489



Public Health
Trumbull County

