

A message from Health Commissioner

Ryan Tekac

It's hard to believe summer has ended, schools have started back up, and 2023 will be over soon. Our team has worked with so many great people on various initiatives to make Mahoning County healthier and safer for all residents. One area we've focused on this year has been education... making sure more people in the community know about the available resources, services and opportunities available through Public Health.

This newsletter is one of those educational initiatives as well as a series of videos featuring members of our staff explaining many of the services we offer. You can view all of these videos on our Facebook (Mahoning County Public Health) and Instagram (Mahoning Health) pages. It's our job to provide services, analyze and share information, implement policies, and educate on regulations in ways that support healthier, lives benefiting everyone in our diverse community.

I encourage everyone to visit our website at MahoningHealth.org to learn more about our programs and services that benefit you and your loved ones.

Program Spotlight



Mahoning County has one of the highest infant mortality rates in Ohio. From 2011-2020, there have been 24 unsafe sleep deaths reported. Mahoning County Public Health has been a grant recipient of the Ohio Department of Health's Cribs for Kids Program since mid-2014. The overall goal of this program is to reduce and/or prevent Mahoning County infant sleep-related deaths through the provision of safe sleep environments and education.

Our staff of public health nurses provide coordination and distribution of a safe sleep environment to eligible families and evidenced-based safe sleep educational training. Our portable crib distribution, accompanying safe sleep survival kits and parent/caregiver education has grown from 167 in 2015 to 345 in 2022. Current eligibility to receive a portable crib is as follows: meet current WIC income guidelines, pregnant person is at least 32 weeks gestation or infant is less than one year old and less than 30 pounds.

Please contact our Nursing and Community Health Division for more information at 330-270-2855, ext. 125.

Mahoning County Public Health
50 Westchester Drive
Youngstown, Ohio

Main Office Number
330.270.2855

Office Hours
Monday - Friday
8:00 a.m. to 4:30 p.m.

MahoningHealth.org

Toll Free in Mahoning County
1.800.873.MCHD

Fall 2023

Newsletter



**MAHONING COUNTY
PUBLIC HEALTH**

PREVENT · PROMOTE · PROTECT

Food Safety Tips to Remember During the Holidays

With the holidays approaching, families, as well as many restaurants and food establishments, are busy preparing delicious holiday meals.

To stay safe from foodborne illness during the holidays, Mahoning County Public Health (MCPH) works hard to ensure food establishments follow proper food handling guidelines. Did you know businesses in Mahoning County that prepare or serve food to the public for a fee must obtain a license through MCPH?

These licensed businesses are regularly inspected by MCPH's food safety team to ensure compliance with Ohio's Uniform Food Safety Code. During inspection, major focus is given to the five most common factors of foodborne illness outbreaks which include:

1. Improper temperature of potentially hazardous foods
2. Improper cooking temperatures of food
3. Dirty/contaminated utensils and equipment
4. Poor employee health and hygiene
5. Obtaining food from unsafe sources

It's important for these same risk factors to be monitored within your home, especially during large holiday gatherings. Following these tips will keep your guests safe from foodborne illnesses:

- Foods served cold must be kept at a temperature of 41°F or less.
- Foods served hot should be at a holding temperature of 135°F or greater.
- Don't use the same cutting boards, dishes, utensils, etc. for raw and cooked food to avoid cross contamination.
- If you feel sick, it's best to stay home, especially if you plan to assist in preparing or serving food/drink.
- Frequent hand-washing is key and should occur for at least 20 seconds with soap and warm, running water.

Keeping family, friends and yourself safe from foodborne illnesses will make the holiday season more enjoyable for everyone. For more information, visit MahoningHealth.org/food-safety-program-info/.



Flu & RSV Prevention

The fall and winter seasons provide us with opportunities to experience beautiful nature scenes from the colorful changing of leaves to the first dusting of snow. They also bring us more events and holidays leading us to spend more time indoors with friends and family.

One thing we all don't want to experience is getting sick from a flu or respiratory virus like RSV or COVID-19. To help protect ourselves from these viruses there are several steps we can take to stop the spread:

- Avoid close contact if you are sick or not feeling well, stay home and keep your distance from others. If others are sick, avoid any close contact.
- Always cover your mouth and nose with a tissue when coughing or sneezing. If a tissue is not available, then cough or sneeze into your elbow.
- Wash your hands often. If soap is not available, use alcohol-based hand sanitizer.
- Avoid touching your eyes, nose, or mouth as much as possible.
- Clean and disinfect frequently touched surfaces regularly.
- Stay up to date with immunizations such as an annual flu shot in the fall, current COVID-19 vaccine recommendations, and, if you are 60 or older, ask us or your healthcare provider if the RSV vaccine is right for you.

For more information on vaccines and their availability in Mahoning County, visit MahoningHealth.org.

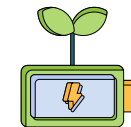
IN 2022, 44 MEN COMMITTED SUICIDE IN MAHONING COUNTY

IMPROVED SUICIDE PREVENTION*



STRENGTHEN ECONOMIC SUPPORT

Improve household financial security



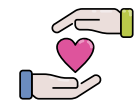
CREATE PROTECTIVE ENVIRONMENTS

Create healthy organizational policies and culture



PROMOTE HEALTHY CONNECTIONS

Promote healthy norms and activities



LESSEN HARMS & PREVENT FUTURE RISK

Intervene after an attempt and discuss in a careful manner



IMPROVE ACCESS AND DELIVERY OF CARE

Increase coverage of mental health care



IDENTIFY & SUPPORT PEOPLE AT RISK

Train better responses to crises with therapeutic approaches



TEACH COPING & PROBLEM-SOLVING SKILLS

Teach skills to improve family relationships

*cdc.org

If you or someone you know needs support now, call or text 988



Community Collaboration



Managing Asthma Triggers at Home (MATH) is a program geared toward helping control pediatric asthma. This program is a partnership between Mahoning County Public Health, Youngstown City Health District and Akron Children's Hospital and helps identify children in Mahoning County who are at a high risk or have uncontrolled asthma.

By bridging the gap between physician visits and the home, MATH helps families identify household triggers and provides education on controlling those triggers and resources to reduce them. During a household inspection, a home kit is provided including a HEPA vacuum cleaner, dehumidifier, HEPA furnace filter, an air purifier for the child's room, hypoallergenic pillow and mattress cover as well as smoke/carbon monoxide alarm to help these children live happier and healthier lives.

For more information, visit MahoningHealth.org.