

A message from Health Commissioner

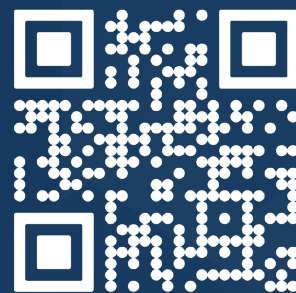
Ryan Tekac

Recently, someone asked me to explain Mahoning County Public Health in just a few words. Talk about an impossible task!

We have team members who can assist with programs and resources for new and expectant mothers, test well water for rural homeowners, provide Narcan kits for drug overdose prevention, perform health inspections in local businesses, host immunization clinics and so much more. We work to identify health issues and find solutions to keep our community happier and healthier. To learn more about our programs and services, please visit MahoningHealth.org or scan the QR code below.

One issue we've identified that is quite troubling is an increase in suicides among older men in our community. These rates are alarming and rising, and we're working to raise awareness and offer assistance to those who are struggling.

If you or a loved one is struggling with mental health and/or thoughts of suicide, please know that you are not alone. Text "HOME" to 741741 for free, 24/7 communication and support.



Spring 2024

Newsletter



**MAHONING COUNTY
PUBLIC HEALTH**

PREVENT · PROMOTE · PROTECT

Helpful Tips to Stay on a Healthy Path

The start of a new year is a great time to reset your daily habits and focus on being healthier. There are great deals and discounts that focus on improving your overall health, but we recommend making lifestyle changes that you are more likely to stick with every day to be healthier.

EXERCISE REGULARLY

While this is not a surprising addition to any healthy lifestyle list, there are simple options you can do like walking, playing tennis or pickleball, or taking a yoga class that are enjoyable and don't feel like a traditional workout. Any physical activity will put you on the right track to living healthier.

EATING HEALTHY

Changing your diet completely is not realistic but making small changes can make a big difference. Start by adding a serving of fresh fruit or vegetables to each meal and reducing the amount of pre-packaged and/or fried, fatty foods from your diet. You can also replace alcoholic and sugary beverages with drinking more water to help control your daily calorie intake.

SLEEP MORE

Getting enough sleep is typically at the top of everyone's list, but it's truly a great way to be healthier. While we sleep, our bodies can rest and rejuvenate to get us ready for the next day. Its recommended adults get at least seven hours of sleep per night. The recommendation for children varies by age group, but averages between eight to 13 hours per day.

STAY UP TO DATE ON VACCINATIONS

A great way to keep your body healthy is to get annual vaccinations against the Flu, COVID-19, and RSV. Mahoning County Public Health offers Immunization Clinics throughout the year for children and adults for everything from updated vaccines to seasonal flu and more. For more information on immunization clinics, visit MahoningHealth.org/Immunizations.



Program Spotlight



HANDS-ON CPR TRAINING

Did you know... each year over 350,000 people suffer out-of-hospital cardiac arrest, with only 10% of those people surviving? Cardiopulmonary resuscitation, also known as CPR, can double or even triple a person's chance of survival.

Hands-Only CPR has been shown to be as effective in the first few minutes as conventional CPR for cardiac arrest whether you're at home, at work, or in public. Hands-Only CPR has just two easy steps:

1. Call 911
2. Perform chest compressions

Learn the skills of Hands-only CPR with our CPR Anywhere Training! The one-hour training is video-based, but it does not meet the requirement if you need CPR for a job. Call 330-270-2855, ext. 125 for more information or to schedule a free Hands-Only CPR training!

Mahoning County Public Health

50 Westchester Drive
Youngstown, Ohio

MahoningHealth.org

Main Office Number

330.270.2855

Toll Free in Mahoning County

1.800.873.MCHD

Office Hours

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

Laboratory Services Provides Well Water Testing

Among the many available services from Mahoning County Public Health is a certified Ohio EPA Laboratory Services Division that performs testing for a wide range of parameters that can affect the quality of your drinking water.

Well water is largely unregulated. It's up to the homeowner to maintain and check the on-going quality of their water. Because of this, the laboratory primarily focuses on helping homeowners who get their water from a well or other non-commercial source. Well water should be tested annually for coliform bacteria. Coliform bacteria are found in human and animal waste, as well as naturally in some soil and surface water. If coliform bacteria are present, there is potential for other disease-causing bacteria to be present.

The lab can also test for a wide range of dangerous chemicals such as lead, copper, iron, nitrates, hardness, and fluoride. It may be beneficial to have a water treatment system installed such as a softener, reverse osmosis, or carbon filtration, and the lab can test for a panel of common water quality indicators to help provide guidance for treatment options.

To learn more about testing, fees, and to schedule your well water testing, please contact the Laboratory Services Division at 330-270-2841.

OHIO ACCIDENTAL DRUG OVERDOSES*

The number of Black, non-Hispanic men dying from accidental overdoses has increased each year since

2020

FENTANYL OR FENTANYL LACED DRUGS ACCOUNTED FOR

81%

OF OVERDOSES

2022 saw 149 accidental overdose deaths in Mahoning County the same as in 2021

IN 2022, THERE WERE OVER

4,900

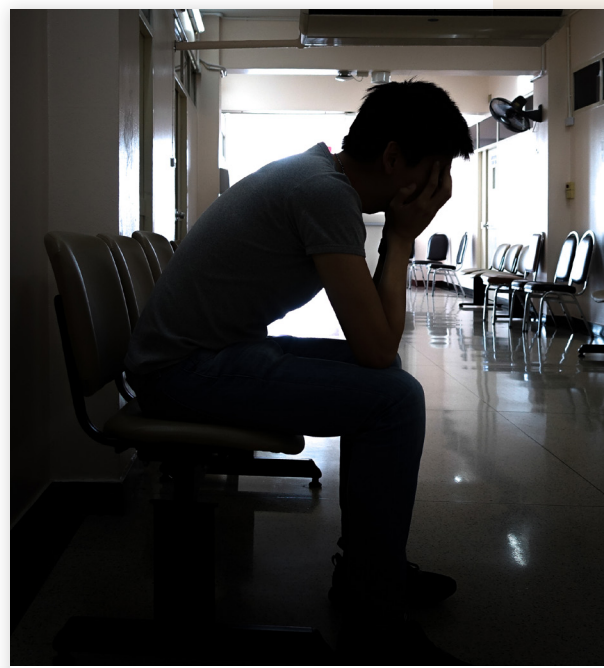
ACCIDENTAL OVERDOSES
THIS IS A 5% DECREASE FROM 2021

MEN
ARE OVER TWO TIMES MORE LIKELY TO DIE FROM AN ACCIDENTAL OVERDOSE THAN **WOMEN**

*Ohio Department of Health



Community Collaboration



Suicide rates are rising and Mahoning County has seen an influx in suicide among middle-aged men in our area.

For this reason, Mahoning County Public Health, in partnership with the Mahoning County Mental Health and Recovery Board and The Board of Mahoning County Commissioners are dedicated to reminding residents that they are *never* alone. There are dozens of resources in Mahoning County and beyond to remind you there *is* a way out and this feeling of depression, isolation, loneliness and sorrow is temporary.

This partnership also developed a 30 second commercial seen on local TV, social media and digital outlets to help build awareness about this growing issue. Watch the ad by scanning the QR code on the left.

If you or someone you love are experiencing suicidal thoughts, text "HOME" to 741741 for 24/7 free, confidential support.

