

Spring 2026

Newsletter



MAHONING COUNTY
PUBLIC HEALTH
PREVENT · PROMOTE · PROTECT



Family Connects Program

Family Connects Ohio (FCO) is a free nurse home visiting program offered through Help Me Grow and funded via the Ohio Department of Children and Youth. FCO supports families with newborns during the first weeks after birth, a time that can bring both joy and new challenges. This program helps ensure that babies get a healthy start, and parents feel supported and confident.

Families enrolled in FCO receive a visit from one of our public health nurses, usually when the baby is around three weeks old. During the visit, the nurse checks on the baby's growth and health, talks with parents about feeding (including breastfeeding support), safe sleep, infant care, household safety, and checks in on mom's postpartum health both physically and emotionally.

FCO is available to all families, regardless of income or background, including adoptive, foster, and bereaved families. If a family needs additional support, our nurses help connect them to local resources such as medical care, mental health services, parenting programs, and other community support.

In Mahoning County, FCO strengthens families by offering early guidance, trusted support, and helpful connections. By meeting families where they are, the program helps build healthier outcomes for children and supports parents during one of life's most important transitions. To learn more about the program, or to sign up or refer someone, please visit <https://www.helpmegrow.org/familyconnects>.

Private Well Water Testing

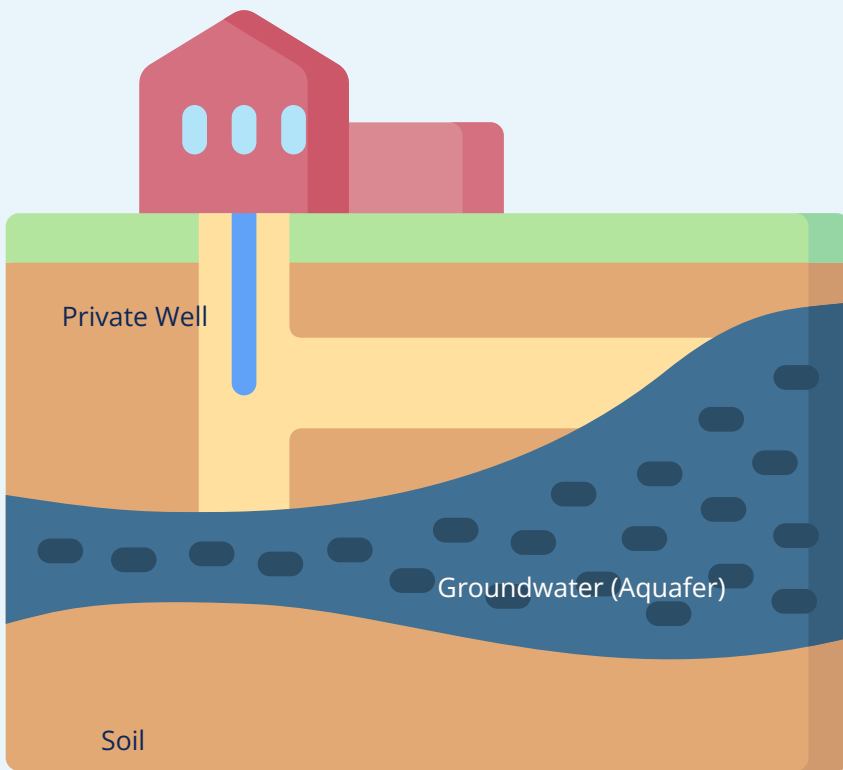
Did you know that changing weather conditions such as the freeze/thaw cycle and excessive precipitation can cause your well to become contaminated?

Coliform bacteria are found in human and animal waste, but some can naturally occur in soil and surface water. They serve as an “indicator organism” and if they are present then there is a potential for other disease-causing bacteria to be present. These bacteria indicate that a pathway exists between the water supply and surrounding area that allow disease causing bacteria to enter the well. Contamination could result from a malfunctioning septic system, pet area, or animal manure runoff.

Escherichia coli (E. coli) is a specific type of coliform bacteria that is present in the intestinal tract of humans and animals. If it is present in drinking water, it is a strong indication that human or animal waste is getting into the well.

Our Laboratory Services Division recommends testing your private well water for coliform bacteria at least annually. The lab can also test for chemical parameters such as lead, copper, nitrites, etc. To learn more about testing, fees, and to schedule your well water testing, please contact us at 330-270-2841.





How Well Water Can Become Contaminated

Activities around your home can affect groundwater that supplies private wells. Contaminants may move through soil and enter the aquifer that feeds your well.

Common sources include:

- Septic system leaks
- Fertilizer runoff
- Animal waste
- Chemical or fuel spills
- Heavy rain and flooding

Private wells should be tested at least once per year.

Community Collaboration

SUICIDE PREVENTION DASHBOARD

We partnered with the Mahoning County Mental Health and Recovery Board to develop a new Suicide Prevention Dashboard, a comprehensive resource for suicide prevention here in Mahoning County. While we have seen a 1% decrease in suicide deaths in Ohio from 2022 to 2023, Mahoning County saw a 20% increase during the same period.

The dashboard includes suicide mortality data from 2015-present, broken down by age, gender, marital status, suicides by month, and method of suicide, as well as Emergency Department visits for thoughts of suicide. In addition to including data, the dashboard also provides links to resources available in Mahoning County as well as state and national resources.

This dashboard is designed to assist local organizations with up-to-date data to inform suicide prevention efforts as well as providing resources in one place to assist those who are experiencing mental health related distress, know someone who is, and those who have lost a loved one to suicide.

988 | SUICIDE & CRISIS
LIFELINE

Scan the QR Code to visit the
Mahoning County Suicide
Prevention Dashboard.



A Message from the Health Commissioner

Spring is a season of renewal, and it's a fitting time to reflect on the steps we're taking together to protect and improve the health of our community. As the days grow longer, our health department remains focused on prevention, preparedness, and promoting safe, healthy environments for all residents.

In this issue, you'll find updates and resources that highlight our ongoing efforts, from disease prevention and environmental health to wellness initiatives and community partnerships. These articles reflect the dedication of our staff and the importance of working collaboratively to address both everyday health needs and emerging challenges. Public health is strongest when we stay informed and engaged. Thank you for taking the time to read this newsletter and for your continued support as we work toward a healthier spring and a stronger year ahead.

Ryan Tekac

Program Spotlight




Nuisance Abatement

As warmer weather arrives, complaints related to rats and other rodents tend to increase. Properties with accumulated trash, debris, or unmaintained areas can attract rodents and create public health concerns. Spring is a great time for residents and property owners to clean up yards, remove clutter, and properly store garbage to help prevent infestations.

Our nuisance abatement team investigates complaints related to rodent activity, unsanitary conditions, and other housing concerns. In addition to responding to complaints, the team works to educate homeowners and tenants on effective prevention and elimination strategies to reduce conditions that attract disease-carrying pests.

 **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