

A message from Health Commissioner

Ryan Tekac

I am pleased to introduce to you Mahoning County Public Health's (MCPH) quarterly newsletter for 2023. This newsletter is a reflection on some of the efforts and programs MCPH has to offer throughout the year to improve the health of our communities. Public Health is about protecting the health of an entire population and the environment in which we live in. For us, that means all people who live, learn, work, or spend time in Mahoning County.

MCPH provides services, analyzes and shares information, implements policies, and educates on regulations in ways that support healthier lives benefitting 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

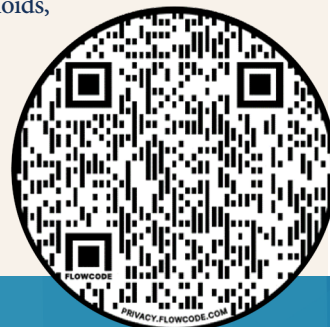


Project DAWN Combats Drug Overdoses

In 2020, Mahoning County ranked 18th in Ohio for the number of unintentional drug overdose deaths and 2021 saw 163 overdose deaths, with 90% of those deaths associated with fentanyl. Mahoning County Public Health offers the Project DAWN Program in an effort to reduce drug overdoses.

Project DAWN is a drug overdose education and naloxone distribution program. Naloxone, also known as Narcan, is a medication that can block the effect of opioids, like fentanyl, and reverse an overdose.

Project DAWN provides take-home Narcan kits to community members, free of charge and in 2022, over 800 kits were distributed. Follow the QR code to learn more about opioid overdoses and how to respond and save a life with Narcan!



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

Summer 2023

Newsletter



**MAHONING COUNTY
PUBLIC HEALTH**

PREVENT · PROMOTE · PROTECT

Warmer Weather Triggers Awareness for Mosquitos & Ticks

In Northeast Ohio, we're enjoying the longer, warmer days with summer underway. However, one thing people are not looking forward to are the pests that can come with this warmer weather.

Mosquitoes and ticks are two pests many people have become all too familiar with as they spend time enjoying the outdoors. Mahoning County Public Health has a few tips to keep in mind as you head outdoors this summer.

You can help protect yourself and your family from ticks by:

- Avoiding high grass
- Wearing long pants when hiking or spending time in the woods or high grass areas
- Using protective repellent (containing both DEET and Permethrin),

You should also be sure to talk to your vet about protecting your pets because they also like to explore high grass areas. If you find a tick on your pet, be sure to wear protective gloves and remove the tick by the head.

Unlike ticks, which are active day and night, mosquitoes primarily come out in the evening and stay in dark, shaded places during the day. To protect you and your family from mosquitoes, be sure to wear light colored shirts and long pants when outside in the evening. You should also remove old tires, drain unused swimming pools and get rid of any source of stagnant water because that's where mosquitoes lay eggs. Mosquito repellents (just like those used for ticks) can also be a great way to protect yourself.

You can continue to enjoy warm weather and the outdoors without being bothered by troublesome mosquitoes and ticks if you are cautious and protect yourself and family from these pesky intruders. For more information and tips visit, MahoningHealth.org/mosquitoes.



WIC Offers New and Expectant Mothers Healthy Options

Women, Infants, and Children, or WIC, is the Special Supplemental Nutrition Program available to eligible pregnant and breastfeeding women, women who recently had a baby, infants, and children up to 5 years of age.

WIC provides:

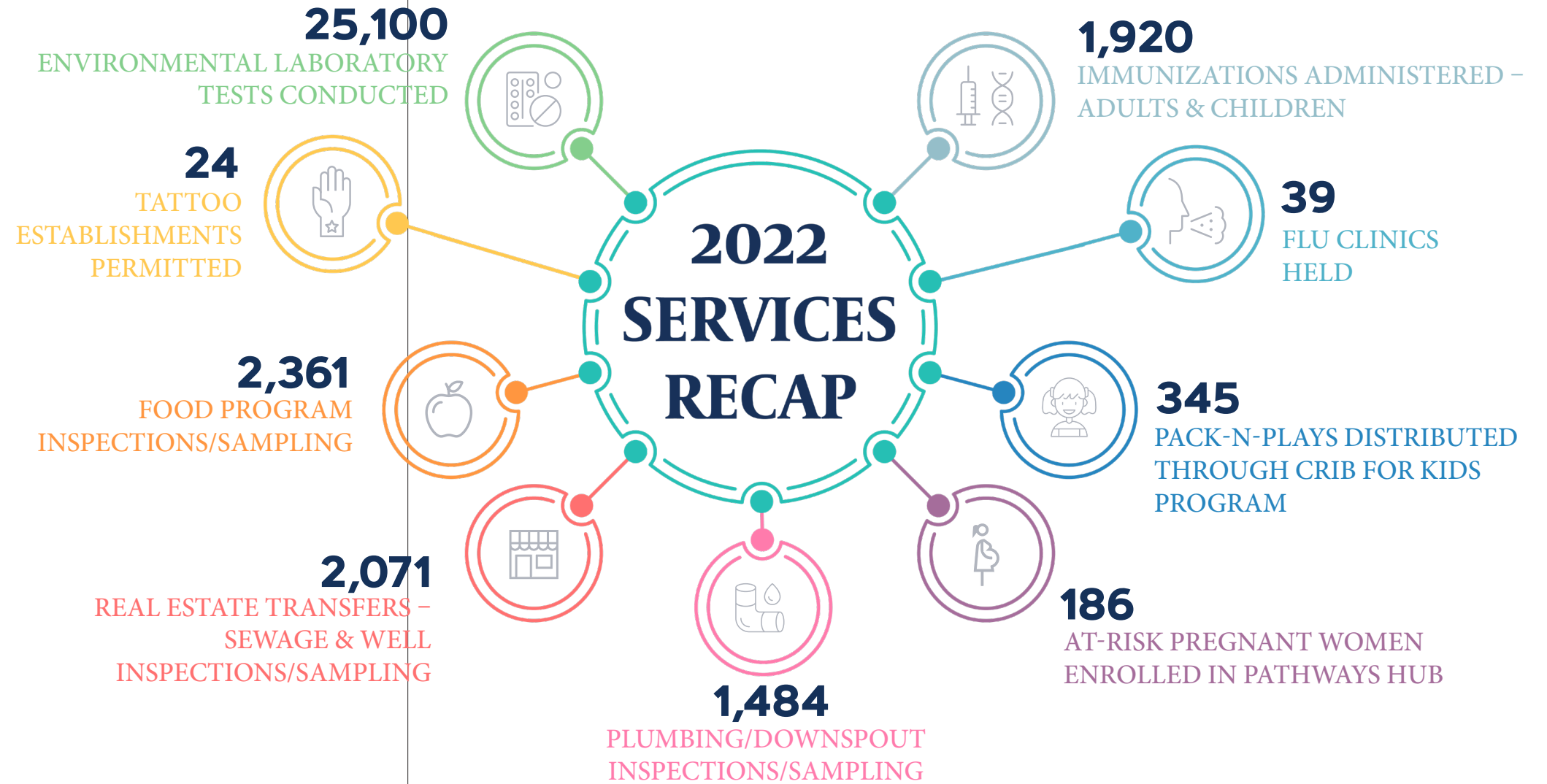
- Nutrition education
- Breastfeeding education and support
- Supplemental, highly nutritious foods such as cereal, eggs, milk, whole grain foods, fruits and vegetables, and iron-fortified infant formula
- Referrals to prenatal and pediatric health care and other maternal and child health and human service programs

The Mahoning County Public Health WIC Program services all participants at WIC offices located in Austintown, Boardman, Youngstown, and Goshen. The Ohio Department of Health recommends exclusive breastfeeding for the first six months after birth, with the addition of complementary foods, and continued breastfeeding for two years or longer, as mutually desired by mom and baby. All Mahoning WIC staff are trained to promote breastfeeding, offer education, and provide the necessary support to new breastfeeding mothers and infants.

As fresh produce becomes available, eligible WIC participants will receive Farmers Market coupons during the summer months in addition to their regular WIC benefits.

The WIC Program has been extensively evaluated and is considered to be one of the nation's most effective and successful nutrition programs. To enroll in the Mahoning County Public Health WIC Program, please call 330-270-2855 or email wicadminmahoning@odh.ohio.gov.

What does MCPH do?



Staff Spotlight



Mahoning County Public Health (MCPH) has over 70 highly qualified, dedicated nurses, dietitians, sanitarians, epidemiologists, community health education specialists, health assistants, support staff and a management team who are all deeply committed to fulfilling our mission. MCPH is devoted to “promoting and protecting the health of individuals and communities by educating, mobilizing, and collaborating with the public to prevent disease, reduce health disparities, and enhance the quality of life in Mahoning County.” Just like a lot of other agencies and businesses, MCPH has had a lot of turn over recently, but we’re excited to welcome many new team members. The photo on the left highlights some of the new staff we have welcomed to our team since 2022!