

# HEALTHY LICKING COUNTY

THE QUARTERLY LICKING COUNTY HEALTH DEPARTMENT  
HEALTH PROMOTION NEWSLETTER



## Welcome

Welcome to the first edition of the *Healthy Licking County* Newsletter. This quarterly newsletter will feature health education programs, initiatives, and offerings provided by the Licking County Health Department. Continue reading to for health and wellness information and to learn more about resources and upcoming events.

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# BREAST CANCER PREVENTION

## Message from the Breast Cancer Prevention Coordinator

Written by Ashley See

The Licking County Health Department's Screening and Survivor Support (SASS) for Breast Cancer program provides mammogram assistance to women in need as well as assistance and support for women living with breast cancer. The program serves women throughout Licking County. SASS' mission is to educate the public on the importance of early detection as a key to breast cancer survival and help those diagnosed with breast cancer maintain and improve their quality of life.

### Did you know?

Your risk of breast cancer is not entirely out of your control? Your family history does matter, but there are many lifestyle choices that can lower your risk of breast cancer including:

- Regular Exercise
- Healthy Diet
- Maintaining a Healthy Weight
- Managing Stress
- Smoking Cessation/Quitting Smoking
- Reduced Alcohol Consumption
- Think carefully/speak with your doctor about using hormone replacement therapy (HRT)

## Upcoming Events

Tee Off for Ta-Ta's

8/21/22 | Starts at 9 A.M.

The Trout Club (2250 Horns Hill Rd NE, Newark, OH 43055)

Please join us for our first annual Tee Off for Ta-Ta's golf event! You can join in on the action as a player or cheer us on as a sponsor. This event will be benefiting Licking County's SASS for Breast Cancer program. All proceeds from this event will be used to provide Licking County residents with medical, financial, and social support. Please complete event registration by July 29. More information and registration is on the website link below (scroll further down to the SASS portion of the website):

<https://lickingcohealth.org/health-promotion-division/>



Breast Cancer Prevention Contact: [asee@lickingcohealth.org](mailto:asee@lickingcohealth.org)

# CHILD INJURY PREVENTION

## Message from the Child Injury Prevention Coordinator

Written by Kirsten Frissora

The Child Injury Prevention (CIP) Program focuses on reducing injuries through education and activities revolving around bicycle safety, car seat safety and traumatic brain injuries (TBI) such as concussions.

In addition to providing education on the above topics, the CIP program also provides free car seats to eligible families as well as free bicycle helmets to children.



## Did you know?

A child's body temperature rises **3-5x** faster than an adult's.

When left in a hot vehicle, a child's temperature can rise quickly — and they could die in minutes. It never hurts to double check your back seat, it could save a life.

## Upcoming Events

### Change Gears: Ride a Bike

06/04/22 | 8am-12pm

- **Newark:** COTC & OSU-N campus (near Warner Center parking lot)
- **Johnstown:** west end of TJ Evans Trail (Jersey St)
- **Hanover:** Marne United Methodist Church (1019 Licking Valley Rd NE, Newark)

This free community bike ride welcomes families, individuals and children to ride on Licking County bike trails. This is an open ride, so you choose your own distance and pace.

**FREE** helmets and water will be available at all three locations as well as other handouts and bicycle rodeos.

The event is free. However, to get a more accurate count for freebies and drawstring bags, please register here:

<https://forms.gle/4y3aoVYbHHnCs2ER7>



Child Injury Prevention Contact: [kfrissora@lickingcohealth.org](mailto:kfrissora@lickingcohealth.org)

# CREATING HEALTHY COMMUNITIES

## Message from the Creating Healthy Communities (CHC) Coordinator



Written by Bri Bretzfelder

In 2020, the Licking County Health Department (LCHD) was one of 23 counties in Ohio to receive the Creating Healthy Communities (CHC) grant for a 5-year cycle from 2020-2024. The grant funding comes from the Centers for Disease Control and Prevention's (CDC) Preventive Health and Health Services Block Grant which aims to prevent and reduce chronic disease throughout the state of Ohio. These funds, which are estimated to be \$100,000 annually, are administrated by the Ohio Department of Health (ODH).

### CHC Vision:

Making the Healthy Choice the Easy Choice.

## Did You Know?

There is a **Licking County Wellness Coalition (LCWC)**!

The LCWC was founded in 2006 as a result of the Community Blueprint. Since then, the coalition has evolved and works towards addressing the priorities of obesity, chronic disease, and tobacco use and exposure. The LCWC's mission is to create a healthier Licking County by increasing health and wellness of the county residents through policy, system and environmental change strategies that promote healthy lifestyles.



If you are interested in becoming an active member of the LCWC, contact Coalition Chair, Bri Bretzfelder, at:  
Email: [bbretzfelder@lickingcohealth.org](mailto:bbretzfelder@lickingcohealth.org)

## Upcoming Events

### Veggie Van Pop-Ups

06/17/22 | 4:00 PM - 6:00 PM

Oak Hill Manor (1 Cross St, Utica, OH 43080)

06/24/22 | 4:00 PM - 6:00 PM

Legacy Park (2286 W High St NE, Newark, OH 43055)

07/15/22 | 4:00 PM - 6:00 PM

Licking County Family YMCA Newark (470 W Church St, Newark, OH 43055)

07/22/22 | 4:00 PM - 6:00 PM

West Licking County Family YMCA (355 W Broad St, Pataskala, OH 43062)

Veggie Van is a mobile grocer that provides affordable, convenient access to healthy food options! **Veggie Van accepts cash, credit, SNAP/EBT, and Produce Perks.**

*Veggie Van, a program offered by Local Matters in partnership with the Licking County Health Department and the Licking County Mobile Grocery Store Committee.*



We want to hear from you! Please take 3 to 5 minutes and click the link or scan the QR code below to complete a survey. This survey will be used to gauge the public's interest and help support a mobile grocer in Licking County in the future to improve access to healthy foods.

Survey Link: <https://www.surveymonkey.com/r/BY6CZXG>

Survey QR Code:



Creating Healthy Communities Contact: [bbretzfelder@lickingcohealth.org](mailto:bbretzfelder@lickingcohealth.org)



# DRUG OVERDOSE PREVENTION

## Message from the Drug Over Prevention Coordinators

Written by Jordan Bell and Logan Legg

LCHD's Drug Overdose Prevention (DOP) program works to implement comprehensive community-based efforts to address drug use and misuse through: coalition development, community needs assessment and evaluation, formation of an overdose fatality review, and development of policy, systems and environmental change strategies to address the issue. LCHD also provides free naloxone (NARCAN) kits. NARCAN is a medication that can be used to reverse an opioid overdose.

## Did You Know?



Licking County now has an Overdose Spike Texting Alert System! Stay informed and text "Lcoverdose" to **898211** for real-time alerts!

## Upcoming Events

### Free NARCAN Pop-Ups

6/10/2022 | 1-3 PM

Pataskala Public Library

(101 S Vine St, Pataskala, OH 43062)

6/29/2022 | 1-3 PM

Licking County Library - Downtown Newark

(101 W Main St, Newark, OH 43055)

### International Overdose Awareness Day

8/31/2022



**REQUEST A FREE NALOXONE (NARCAN) KIT TO BE MAILED TO YOU.**

**CLICK ON "REQUEST A KIT" AT:**  
[WWW.LICKINGCOHEALTH.ORG/DRUG-PROGRAMS/](http://WWW.LICKINGCOHEALTH.ORG/DRUG-PROGRAMS/)  
**OR PICK UP A FREE KIT HERE:**

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**LICKING COUNTY HEALTH DEPARTMENT**  
675 PRICE ROAD, NEWARK | (740) 349-6535

**BEHAVIORAL HEALTHCARE PARTNERS**  
65 MESSIMER DRIVE, NEWARK | (740) 522-8477

**MENTAL HEALTH AMERICA**  
65 MESSIMER DRIVE, NEWARK | (740) 522-1341

**FAMILY HEALTH SERVICES**  
100 MCMILLEN DRIVE, NEWARK | (740) 344-9291

**GENOA PHARMACY**  
65 MESSIMER DRIVE, NEWARK | (740) 522-0716

**THE MAIN PLACE**  
112 SOUTH THIRD STREET, NEWARK | (740) 345-6246

**TRINITY EPISCOPAL CHURCH**  
76 EAST MAIN STREET, NEWARK | (740) 345-5643

Drug Overdose Prevention Contacts: [jbelle@lickingcohealth.org](mailto:jbelle@lickingcohealth.org), [llegg@lickingcohealth.org](mailto:llegg@lickingcohealth.org)

# NICOTINE USE PREVENTION

## Message from the Nicotine Use Prevention Coordinators

Written by Katelyn Gorius & Kennedy Thompson

In 2019, the Licking County Health Department was awarded the Tobacco Use and Cessation Program grant for a 3 year cycle from 2019-2022. The Program has three main goals: preventing youth and young adults from initiating the use of nicotine products, helping adults access tobacco cessation services, and working to pass policies that limit the accessibility/availability of tobacco products and reduce exposure to secondhand smoke. These funds, which are estimated to be around \$100,000 annually, are administrated by Ohio Department of Health.



### Tobacco-Free Policy

Healthier workers are more productive workers. A Tobacco-Free Policy in the workplace protects all employees, reduces litter on the property, and having fewer smokers leads to lower insurance rates. If you are interested in getting assistance with your tobacco-free policy, please contact Katelyn Gorius at [kgorius@lickingcohealth.org](mailto:kgorius@lickingcohealth.org).

## Upcoming Events

### Health Equity Workgroup

Meets once a month on Mondays at 11AM. If you are interested in becoming an active member, contact Kennedy Thompson at [kthompson@lickingcohealth.org](mailto:kthompson@lickingcohealth.org) for meeting dates and locations.

### TURN Coalition Meeting

**07/14/22 | Time TBD**

Licking County Health Department (675 Price Rd., Newark, 43055)



The Tobacco Use Reduction Network (TURN) Coalition is working towards creating a Licking County where all community members can live healthy, tobacco and nicotine-free lives. TURN collaborates with community partners to reduce tobacco and nicotine use and dependence in Licking County by providing resources, education, services, and support to promote health outcomes. In November 2013, TURN was re-established with the goal of reducing the adult smoking rate in Licking County from 26% to 13% by 2023.

If you are interested in becoming an active member of TURN, contact Coalition Chair, Katelyn Gorius, at:  
Email: [kgorius@lickingcohealth.org](mailto:kgorius@lickingcohealth.org)  
or Phone: (740) 349-6951



**Quit Line: 1-800-QUIT-NOW**

Nicotine Use Prevention Contacts: [kgorius@lickingcohealth.org](mailto:kgorius@lickingcohealth.org), [kthompson@lickingcohealth.org](mailto:kthompson@lickingcohealth.org)



# TRAFFIC SAFETY



## Message from the Traffic Safety Coordinator

Written by Sia Williams

Ohio Safe Communities is a data-driven traffic safety initiative to save lives and reduce injuries through collaboration among state, county and local partners. Licking County Health Department is a proud partner in implementing the program's five primary goals:

- Fatality Data Review
- Coalition Building
- Increasing Seat Belt Usage
- Increasing Seatbelt and Impaired Driving Awareness
- Increasing Motorcycle Safety Awareness

## Safe Communities Program Overview

Licking County Safe Communities participates in each of the Ohio Traffic Safety Office's National Enforcement Campaigns to increase awareness of the consequences of traffic violations. These campaigns revolve around the busiest and most dangerous times on the road: holidays, nationwide events, and changes in weather. The Licking County Safe Communities Coalition supports these mobilizations by attending events, posting social media posts, and publishing press releases.

## Recent Events

05/18/22

### Safe Communities Coalition + Fatality Review Meetings

The Licking County Safe Communities Coalition meets every other month at the Licking County Health Department from 11:30-1PM. If you are interested in participating on the coalition contact Sia Williams at (740) 349-1562 or [swilliams@lickingcohealth.org](mailto:swilliams@lickingcohealth.org)

05/20/22

### Click it or Ticket Seatbelt Contest Kickoff Event

The Licking County Health Department's Safe Communities Coalition recently held a seat belt contest between three local high schools to support the annual Click It or Ticket seat belt campaign: Northridge High School, Licking Valley High School, and Watkins Memorial High School. Congratulations to Watkins Memorial for winning the Click it or Ticket seatbelt usage contest! 95% of their students came to school buckled up!



Traffic Safety Contact: [swilliams@lickingcohealth.org](mailto:swilliams@lickingcohealth.org)