

HEALTHY LICKING COUNTY

THE QUARTERLY LICKING COUNTY HEALTH DEPARTMENT
HEALTH PROMOTION NEWSLETTER



Welcome

Welcome to the latest **edition** of *Healthy Licking County*.

Stay up-to-date on Licking County Health Department's current health education programs, initiatives, and offerings. Keep reading to learn more about current resources and upcoming events!

INSIDE THIS EDITION

WELCOME.....	1
BREAST CANCER PREVENTION.....	2
CHILD INJURY PREVENTION.....	3
CREATING HEALTHY COMMUNITIES.....	4
DRUG OVERDOSE PREVENTION.....	5
NICOTINE USE PREVENTION.....	6
SAFE SLEEP.....	7
TRAFFIC SAFETY.....	8

BREAST CANCER PREVENTION

About LCHD's SASS Program



SASS for Breast Cancer provides free mammograms and further diagnostic screenings for under/uninsured women ages 40 and over and those with personal/family history of breast cancer or a medical need. Through a collaborative agreement with Licking Memorial Hospital, women in need of a mammogram can schedule a free appointment when it is most convenient for them.



Upcoming Event

SASS for Breast Cancer's fundraising event "Tee Off Fore Ta-Tas" is officially planned for June 25, 2023, at the Trout Club in Newark. More details for the event will be coming soon!



SASS for Breast Cancer in 2022

In 2022, LCHD provided **12** screening mammograms and **4** diagnostic tests to women in Licking County. Along with this, **27** women were approved for stipends in 2022 for a total of \$13,500.00.

Breast Cancer Prevention Contact: asee@lickingcohealth.org

CHILD INJURY PREVENTION

Is Your Child Seatbelt Ready?

By Ohio law, a child **MUST** be either 8 years old or 4'9" tall to ride in a vehicle without a booster seat.

While the law says 4'9" OR 8 years old, some children do not reach this height until years after they're 8.



Please wait until your child is **tall** enough to use a seatbelt. Check the above image to see if your child is tall enough to properly ride without a booster.



Child Passenger Safety Survey

LCHD's CIP program is working to determine parent/guardian knowledge of child car seats and car seat safety!

If you have a child (or children) **under the age of 14** please take 2 minutes to complete the below survey!



← Your Move Message!

Breathe in that fresh air, Ohio. Spring officially starts on March 20, 2023!

The #firstdayofspring is just one more reason to get outside walking or biking today. Be sure to look out for each other to make sure all road users can enjoy Spring safely #YourMove

CREATING HEALTHY COMMUNITIES

LCHD Receives 2023 CHC Grant

January 1, 2023, marked the start of a new CHC grant year! LCHD's CHC program is excited to continue increasing access to healthy foods and active living opportunities through community partnerships and initiatives. 2023 plans include pedestrian infrastructure projects in the City of Newark and the Village of Hebron, implementing Food Service Guidelines, and assisting with the development of a Mobile Market.

CHC Vision: Vibrant Ohio communities where everyone has access to healthy food and opportunities for active living.

Celebrate Trails Day

Saturday, April 22nd, is Celebrate Trails Day - an annual day to celebrate trails across America.

Explore a trail near you!

Find local trails by clicking the button located below this page.

Spring into Spring!

Help prevent chronic diseases with these 8 healthy habits for spring from the Centers for Disease Control and Prevention!

- Move More, Sit Less
- Eat Healthy Foods
- Choose Your Drinks Wisely
- Get Enough Sleep
- Be Sun Safe
- Brush Your Teeth
- Don't Use Tobacco
- Learn Your Health History

For more information, follow this link - <https://www.cdc.gov/chronicdisease/resources/infographic/healthy-spring.htm>



DRUG OVERDOSE PREVENTION

KNOW AN OVERDOSE

Knowing the signs of an overdose can help save a life! Signs include:

- Pale and/or clammy skin
- Limp body
- Blue/purple nails
- Slow breathing/heartbeat
- Unable to speak or wake up

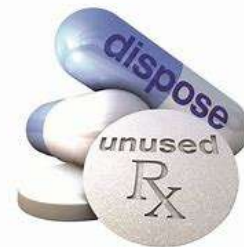
PREVENT AN OVERDOSE

If you suspect someone has experienced an overdose, call 911 and administer Naloxone. Naloxone (NARCAN) counters the effects of an opioid overdose while you wait for medical help.

UPCOMING EVENT

Drug Take Back Day

April 22, 2023 | 10 AM - 2 PM
Kroger 21st St., Newark or
Kroger in Pataskala



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

CLICK ON "REQUEST A KIT" AT:
WWW.LICKINGCOHEALTH.ORG/DRUG-PROGRAMS/
OR PICK UP A FREE KIT HERE:

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

Drug Overdose Prevention Contact: kjay@lickingcohealth.org

NICOTINE USE PREVENTION



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.

If you are interested in becoming a member of TURN or the Health Equity Workgroup, contact kthompson@lickingcohealth.org

Tobacco Resources

The [Vaping Prevention and Education Resource Center](#) provides free, science-based, standards-mapped materials that educators can use to help their students understand the dangers associated with vaping and nicotine addiction. The Center for Tobacco Prevention also developed free materials for parents and teens.



Thinking about quitting?
Call **1-800-QUIT-NOW** for free and confidential cessation services.



Safe Sleep



The American Academy of Pediatrics recommends following the ABC's for safe sleep to prevent injuries among infants.

A

Babies should sleep alone by themselves, without other people, blankets or toys in the bed.

B

Babies should be placed on their backs to sleep until they can confidently roll over on their own.

C

Babies should have a crib, bassinet, or portable play yard with only a firm mattress and a fitted sheet. The crib should not have bumpers or add-ons of any kind.



Safe Sleep Contact: kfrissora@lickingcohealth.org



TRAFFIC SAFETY



DRIVE SMART THIS ST. PATRICK'S DAY



St. Patrick's Day Safety

Saint Patrick's Day is one of the deadliest days on our nation's roads. During the 2016-2020 St. Patrick's Day Season, **287** lives were lost.

In 2020 alone, **37** people were killed by drunk driving on St. Patrick's day.

Party With a Plan

Plan ahead! If you wait until you are drinking to make the smart decision, you might not.

- You have options! Designate a sober driver, call a taxi, or use a rideshare service.
- If you see someone driving erratically, call the police.
- Do you have a friend who is about to drink and drive? Take the keys until they are sober.



Buzzed Driving is Drunk Driving

In 2020, one person was killed every **45** minutes from drunk driving.

One out of **three** traffic fatalities are caused by drunk driving.