

HEALTHY LICKING COUNTY

THE QUARTERLY LICKING COUNTY HEALTH DEPARTMENT
HEALTH PROMOTION NEWSLETTER



Welcome

Welcome to the second edition of the *Healthy Licking County* Newsletter. This quarterly newsletter features health education programs, initiatives, and offerings provided by the Licking County Health Department. Continue reading for health and wellness information and to learn more about 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
- TRAFFIC SAFETY**.....7

BREAST CANCER PREVENTION

A Message from the Breast Cancer Prevention Coordinator

Written by Ashley See

October is Breast Cancer Awareness Month, and it is right around the corner! Raising awareness is important as breast cancer is the most common form of cancer among women worldwide. According to the National Breast Cancer Foundation, 1 in 8 women in the United States will be diagnosed with breast cancer in their lifetime. The goal of the Screening And Survivor Support (SASS) for Breast Cancer program at the Licking County Health Department (LCHD) is to provide education on early detection, free mammograms, diagnostic testing, and social/financial support to women diagnosed with breast cancer in Licking County. The earlier the cancer is detected, the more likely the treatment will be successful. We here at the Licking County Health Department wish good health to you!

Did you know?

Most early-stage breast cancers in the U.S. are found with screening mammography, before any warning signs or symptoms appear.

The warning signs of breast cancer are not the same for all women. The most common warning signs are:

- A change in the look or feel of the breast
- A change in the look or feel of the nipple
- Nipple discharge

Upcoming Events

Pink Strides for Breast Cancer Awareness Walk
10/1/22 | Starts at 9 A.M. | Registration at 8:15 A.M.
Licking County Health Department
(675 Price Rd, Newark, OH 43055)

Please join the Licking County Health Department for the 15th Annual Pink Strides for Breast Cancer Awareness Walk on Saturday, October 1 at 9:00 AM at LCHD! This one-mile walk will be benefiting Licking County's Screening And Survivor Support (SASS) for Breast Cancer program. The SASS program provides education on the importance of early detection, free mammograms, diagnostic testing, and social/financial support to women diagnosed with breast cancer within Licking County. We hope to see you on Saturday, October 1!

[Click Here to Register!](#)



Breast Cancer Prevention Contact: asee@lickingcohealth.org

CHILD INJURY PREVENTION

Message from the CIP Coordinator

Written by Kirsten Frissora

In June 2022, the Heath City School District (HCSD) partnered with LCHD and its CIP program to adopt a Return to Learn Policy at their schools.

Return to Learn is a protocol used to make academic accommodations when a student experiences a concussion and is returning to school.

Accommodations can include reduced screen time, dimmer lights, extended deadlines, and more. HSCD is adopting the Return to Learn Policy to build upon what they already had in place to better help their students recover from brain injuries.

Faculty and staff for the district were trained on Return to Learn in early August.



Did you know?

- A concussion affects how the brain works after it bounces around inside the skull.
- Concussions can be caused by direct blows to the head or blows to the body that cause the head to snap back and forth with force.

Upcoming Awareness Week



Child Passenger Safety Week September 18-24, 2022

Did you know, that in Licking County on average **50%** of car seats were installed **incorrectly** in the past 3 years?

LCHD offers **FREE** car seat checks for families that already have a car seat for their child and **FREE** car seats to eligible families.

Car seats can be misused in a number of ways, and it only takes one misuse to reduce the effectiveness and safety of your child's car seat.

At LCHD, we have 4 certified car seat technicians who are available **by appointment** to check to see if your child's seat is installed correctly. LCHD also offers 2 types of seats for **FREE** to eligible families; a convertible seat (rear and forward-facing) and booster seats.



Child Injury Prevention Contact: kfrissora@lickingcohealth.org

CREATING HEALTHY COMMUNITIES

Coming Soon

Improved crosswalks along the TJ Evans Panhandle Trail in Newark

Thanks to a partnership between the CHC program at LCHD and the City of Newark's Department of Public Service, three enhanced crosswalks will be installed along the TJ Evans Panhandle Trail at Oakwood Avenue, O'Bannon Avenue, and Dayton Road to improve safety for pedestrian and bicyclists.

In 2020, the CHC program, the City of Newark, and the Licking County Area Transportation Study (LCATS) created an Active Transportation Plan (ATP) for the cities of Newark and Heath. ATPs provide a roadmap for improved walking and bicycling conditions to better connect people to where they need to go while considering safety and accessibility. The three crossings at Oakwood Avenue, O'Bannon Avenue, and Dayton Road along the TJ Evans Trail in Newark were identified as high priority improvements in the Newark-Heath ATP.



Why Active Transportation?

- Connect people to everyday destinations (work, school, stores, etc.)
- Provide safe walking and bicycling facilities
- Create a more convenient and accessible community for walkers and bicyclists
- Encourage physical activity through active transportation options
- Improve health equity and healthier living opportunities for all

Check This Out



You can find Farmers Markets, Food Pantries, and stores that accept WIC and SNAP benefits in Licking County using LCHD's Healthy Food Access Map. Click on the map icon above to explore the Healthy Food Access Map!

Success Story

Four Veggie Van Pop-ups were held throughout Licking County in this summer in partnership with the CHC program at the LCHD, Local Matters, and the Licking County Mobile Grocery Store Committee.

- 311 healthy food items were distributed
- Over 50 individuals were served
- Veggie Van Pop-Up surveys indicated
 - 100% of respondents were interested in a mobile Veggie Van serving Licking County residents
 - Almost 80% of respondents would very likely buy fruits and vegetables from a mobile Veggie Van.



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

DRUG OVERDOSE PREVENTION

Message from the Drug Over Prevention Coordinator

Written by Jordan Bell

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.

Free NARCAN Kit?



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

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

Upcoming Events

Drug Take Back Day

October 29, 2022 - 10 AM to 2 PM
Location TBD



DOP Coalition Meeting

September 28, 2022 - 11 AM to 12 PM
Licking County Health Department OR Virtual

**Did you know?
September is
National Recovery
Month**

**National
Recovery
Month**
— September —



Drug Overdose Prevention Contact: jbelle@lickingcohealth.org

NICOTINE USE PREVENTION

Message from the Nicotine Use Prevention Coordinators

Written by Curtis Feland and Kennedy Thompson

Introduction

Hello, my name is Curtis Feland; I am the new Nicotine Use Prevention Coordinator for the Licking County Health Department. I am from Oklahoma originally, where I worked as a Health Educator for the Oklahoma State Department of Health. I am excited to work with Kennedy Thompson and the rest of the Licking County team on reducing tobacco and nicotine use in Licking County.



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 an active member of TURN, contact Coalition Chair, Curtis Feland, at:
Email: cfeland@lickingcohealth.org
or Phone: (740) 349-6951

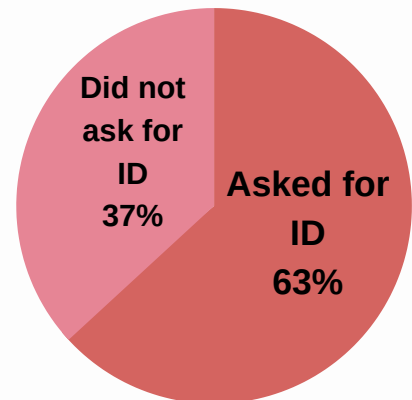
Click the icon below for a chance to win a **\$100** gift card upon survey completion! 4 winners will be randomly selected



Health Equity Workgroup

The workgroup meets once monthly. If you are interested in becoming an active member, contact Kennedy Thompson at kthompson@lickingcohealth.org for information

Tobacco Compliance Checks 2021-2022



Licking County experienced a 27.5% decrease in compliance for the tobacco 21 law.

Cigarettes were the most commonly asked for product. ***E-cigarettes and vaping devices had the highest compliance at 100%, while Juul had the lowest compliance with 25% of retailers asking for identification.***



Nicotine Use Prevention Contacts: cfeland@lickingcohealth.org, kthompson@lickingcohealth.org



TRAFFIC SAFETY

Written by Sia Williams



Drive Sober or Get Pulled Over:

Over Labor Day weekend, Licking County Sheriff's Office participated in the *Drive Sober or Get Pulled Over* enforcement period. In support of the law enforcement community's dedication to protecting the lives of residents in their communities, officers worked together during this time to take drunk drivers off the roads. No matter how you celebrate the end of the season, make sure you plan it safely.



Licking County Sheriff's Office recommends these safe alternatives to drinking and driving:

- Remember that it is *never* okay to drink and drive. Even if you've had only one alcoholic beverage, designate a sober driver or plan to use public transportation or a ride service to get home safely.
- If you see a drunk driver on the road, contact Licking County Sheriff's Office.
- Do you have a friend who is about to drink and drive? Take the keys away and make arrangements to get your friend home safely.

Did You Know?

**National Teen Driver Safety Week is
October 16-22, 2022!**

The greatest dangers for teen drivers are alcohol and other drug use, inconsistent or no seat belt use, distracted driving, speeding, and driving with passengers in the vehicle.

Stop! Trains Can't.



AS A MOTORIST

Be prepared to stop at the crossing

Slow down, look both ways, and listen

Understand the signs and warning devices

Check that you have enough room on the other side of the tracks for your vehicle to cross safely

Never race a train

Never stop on tracks



1 OUT OF 5 TEEN DRIVERS INVOLVED IN FATAL CRASHES HAD BEEN DRINKING ALCOHOL

LEARN THE 6 RULES FOR THE ROAD

NHTSA

RULES FOR THE ROAD