

# HEALTHY LICKING COUNTY

*Holiday Edition*

THE QUARTERLY LICKING COUNTY HEALTH DEPARTMENT  
HEALTH PROMOTION NEWSLETTER

## LICKING COUNTY HEALTH DEPARTMENT



We ho-ho-hope you'll follow along!



## Welcome

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

Whether you are setting cookies out for Santa, lighting candles on the Menorah, or sharing a feast for Kwanzaa, this quarterly newsletter is your go-to guide on health education programs and initiatives provided by the Licking County Health Department. Continue reading for health and wellness information and to learn more about resources and upcoming events.

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# BREAST CANCER PREVENTION

## Pink Strides 2022 Recap

### 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.

LCHD held its 15th Annual Pink Strides: Walk for Breast Cancer event on Saturday, October 1. Over 150 participants joined LCHD to kick-off Breast Cancer Awareness Month with a family-friendly 1/2-mile walk on the health department's paved trail, along with a local breast cancer survivor testimonial, vendors, and prizes! Thank you to our sponsors, vendors and everyone who joined us for the event! All proceeds from this event support LCHD's SASS for Breast Cancer program.

### Did you know?

SASS also provides a stipend program for eligible women. This stipend is for women who are actively undergoing breast cancer treatment during the calendar year or who have been recently diagnosed with breast cancer. The total amount of stipends distributed is based on the available funds from donations by individuals and organizations in the community.



# CHILD INJURY PREVENTION

## Message from the CIP Coordinator

Written by Kirsten Frissora

### Don't Use Bulky Coats/ Clothes in Car Seats

With the temperature getting colder, it's easy to want to bundle your little one up to keep them warm. But you have to be careful not to put your kids in their car seats with bulky clothes or coats (like in the picture). These clothes make the harness looser than it should be and a loose harness increases the likelihood of injury in the event of a crash.



Instead, take off the bulky coat, safely harness your child in their seat and then try putting the coat on backwards over the harness or use a blanket.



## Child Passenger Safety Survey

LCCHD'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!

SCAN  
ME!



## ← Your Move Message!

Winter weather can make it hard to see while driving. Here are 3 quick tips to keep your 20/20 vision while behind the wheel **#YourMove**

1. Clean your windshields inside and out—dirty windshields magnify glare.
2. Make sure your mirrors and headlights are clear **BEFORE** you drive.
3. Do not use high beams when other cars or people who are walking are around. This reduces their vision.

# CREATING HEALTHY COMMUNITIES

## Don't Forget!

*As the weather gets colder, remember the importance of staying physically active!*

The U.S. Department of Health and Human Services (HHS) recommends adults get at least 150 minutes of moderate-intensity aerobic activity or 75 minutes of vigorous-intensity aerobic activity **AND** at least two days of muscle-strengthening activities weekly.

- Aerobic activities (a.k.a. cardio) are physical activities in which people rhythmically move their large muscles for a sustained period. Moderate activity can include brisk walking and general housework, while vigorous activity can include jogging or jumping roping.

**Health benefits of being physically active include:**

- Lower risk of heart disease, high blood pressure, and type 2 diabetes
- Reduced risk of anxiety and depression
- Improved sleep, bone health, and physical function

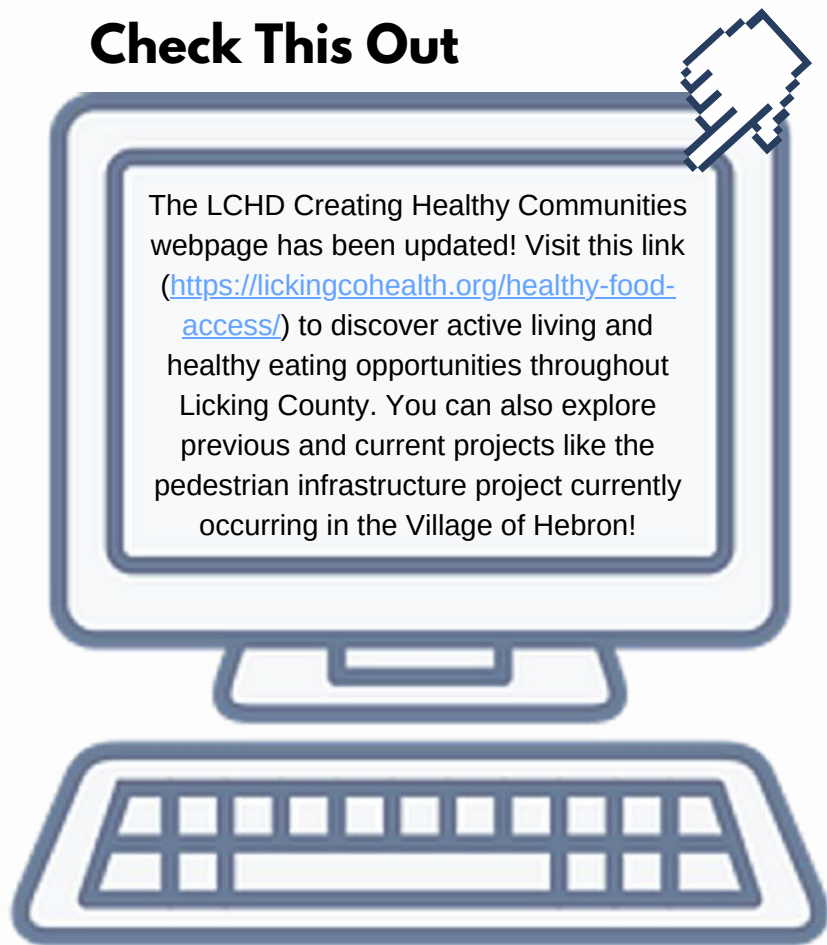


**Ways to stay active throughout winter:**

- Take nature walks (weather permitting)
- Follow along with an online workout video
- Complete chores around the house
- Have fun sledding
- Try ice skating
- Visit a local indoor community pool or track

*To learn more about physical activity guidelines for adults, or to explore physical activity guidelines for children, and older adults, information on safety, and resources explore the HHS' Physical Activity Guidelines for Americans by clicking [HERE](https://www.hhs.gov/physical-activity/guidelines/).*

## Check This Out



The LCHD Creating Healthy Communities webpage has been updated! Visit this link (<https://lickingcohealth.org/healthy-food-access/>) to discover active living and healthy eating opportunities throughout Licking County. You can also explore previous and current projects like the pedestrian infrastructure project currently occurring in the Village of Hebron!

## Create a New Year's Resolution that will Stick

Leading a healthy lifestyle is an ongoing process. Use the new year as an opportunity to commit yourself to the journey!

Follow these tips to achieve your 2023 goal(s):

- Set SMART goals
  - SMART goals are **S**pecific, **M**easurable, **A**chievable, **R**elevant, and **T**ime-framed
- Create a plan
- Confront temptations
- Tell a friend



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

# DRUG OVERDOSE PREVENTION

## Free NARCAN Kit

Accidental overdoses happen, but you can be prepared to save a life this holiday season.

Naloxone (NARCAN) counters the effects of an opioid overdose until medical help arrives. You can receive a **FREE** Naloxone kit by requesting one online via LCHD's mailing service or visit LCHD's website to see where you can receive a kit in-person.

<http://lickingcohealth.org/drug-programs/>



Drug Overdose Prevention Contact: [jbell@lickingcohealth.org](mailto:jbell@lickingcohealth.org)

# 'TIS THE SEASON FOR NICOTINE USE PREVENTION

## Message from the Nicotine Use Prevention Coordinator

Written by Curtis Feland and Kennedy Thompson

### Tobacco in the News

The Food and Drug Administration (FDA) received nearly 7 million applications in regards to the continued approval of selling e-cigarette products. (3/22, FDA)

Tobacco companies asked the U.S. Supreme Court to place an emergency order to stop California from enforcing the ban on flavored tobacco products. (11/22, CBS Bay Area)



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.

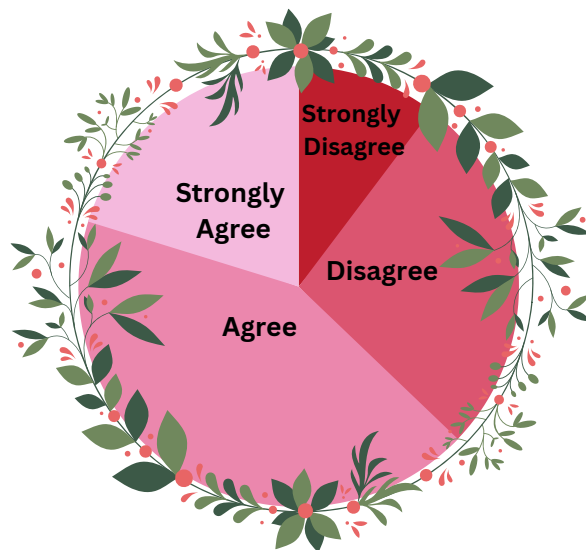
If you are interested in becoming a member of TURN, contact [cfeland@lickingcohealth.org](mailto:cfeland@lickingcohealth.org)

## New Year's Resolution

Thinking about quitting? Start your year off strong with quitting nicotine for your resolution! Call 1-800-QUIT-NOW for free and confidential cessation services.



**Selling tobacco products to individuals who are not at least 21 years of age, is being enforced in my community**



As illustrated above, a recent tobacco use survey found that 63% of Licking County residents feel the Tobacco 21 law is being enforced, while 37% of residents did not feel the law was being enforced.



# TRAFFIC SAFETY

Written by Sia Williams



## Holiday Drive Sober Campaign



The weeks leading up to the holiday season are a busy period on America's roads. To help out drivers, the Licking County Sheriff's Office will be working to keep the community safe during the national Buzzed Driving Is Drunk Driving drunk-driving-awareness campaign. If you plan to go out and include alcohol in your celebration, make sure you refrain from driving!



## Upcoming Safe Communities Coalition Meeting



### **January Coalition Meeting and Fatal Crash Review Meeting**

Join the Safe Communities Coalition on **Wednesday January 18th** from **11:30AM-1PM** to discuss updates on the program and our quarterly review on traffic fatalities in Licking County. Please contact us for email updates.



## "Drive High, Get A DUI!"

Driving impaired is not just illegal, it can be deadly. If you see someone about to drive after using drugs, stop them, take their keys, and call them a safe, sober ride home. If you feel different, you drive different. Drive high, get a DUI.

