



The HD Scoop

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Check out our new [Instagram](#) and [updated Website!](#)

Our mission is to improve, protect and promote the public health, well-being and environment of the communities in Sandusky County.

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419-334-6377

Health Department Achieves National Accreditation

After three years of preparation, we would like to announce that the Sandusky County Health Department is now nationally accredited by the Public Health Accreditation Board (PHAB).

Public health accreditation measures a health department against a set of nationally-recognized, practice-focused, and evidence-based standards; focusing on continual development, evaluation, and improvement of public health initiatives, programs, and services. PHAB, a nationally-recognized entity, awards accreditation to health departments that meet or exceed the standards.

The Sandusky County Health Department is one of fewer than 200 health

departments nationwide that have thus far achieved accreditation through PHAB. We would like to thank all of our community partners who assisted us in the process and who work with us on a daily basis to meet the health needs of the residents of Sandusky County.

We will be hosting a community celebration on January 18th at 2pm. This event is open to the public.



Director of Nursing wins March of Dimes Nurse of the Year Award



The March of Dimes pays tribute to the nursing profession every year by recognizing extraordinary nurses throughout the community. Nurse of the Year events honor those

who make a difference in the lives of so many. Nurses are nominated by co-workers, supervisors or family members of clients and each application is scored in a blinded review process by a committee of Chief Nursing Officers and other nurse leaders from the health care community.

Laura Burkin was nominated for the Public Health Nurse of the Year Award because of her compassion and dedication to helping others. In her few years of being the Director of Nursing, she has accomplished many things including working with community partners to be able to offer two new services to individuals within our Reproductive Health and Wellness Program, or making financial changes within different departments to cut back on unnecessary expenses. Her dedication to making the Health Department a better place is evident in all that she does.

Congratulations to Laura!

Community Health Assessment Corner

What are ACEs? According to the 2016-2017 Community Health Assessment, Sandusky County 25% of youth surveyed had three or more ACEs. ACEs are adverse childhood experiences that harm children's developing brains and lead to changing how they respond to stress and damaging their immune systems so profoundly that the effects show up decades later. ACEs cause much of our burden of chronic disease, most mental illness, and are at the root of most violence.

The Health Department is currently collaborating with local schools on the implementation of the PAX Good Behavior Game (GBG). This evidence based practice has been designed, tested and proven to reduce trauma and ACEs. Data shows that students receiving PAX are less likely to engage in violent behavior or crime and less likely to become pregnant early in life. Most tellingly, "graduates" from PAX GBG are less likely to attempt suicide or engage in early sex. Biologically, we have even measured protective gene expression in the brain.

For more information on local PAX programming, call McKenzie at 419-334-6377.

Terra State's Commitment to a Healthy Organization

Each year the Sandusky County Health Department's Creating Healthy Communities (CHC) program implements projects that create healthy environments where we live, learn, work, and play. In 2018, our CHC program staff worked with the Terra State Community College's HR Department and Campus Conference and Events Center to create a healthy food environment for employees and students.

This was made possible by developing and adopting food and beverage guidelines for campus sponsored meetings where food is served. The

policy was developed using nutrition standards recommended by the American Heart Association.

The goals for this policy include:

- Reducing sugar-sweetened beverages, candy, and other non-nutritious foods, while increasing access to water.
- Reducing sodium, added sugars, saturated fat, and trans fat in the food and beverages provided.
- Providing more fruits, vegetables, and whole grains.

- Providing reasonable portion sizes.

A healthy food environment matters because there is a strong relationship between the physical and social environment and individual health behaviors.



Birth -Three Program Opportunities offered through SCHD

The Sandusky County Health Department offers opportunities to children prenatally-age 3 through two different programs both aimed to provide children and their families the opportunity to grow and learn by equipping parents with the means to help their child acquire the early building blocks necessary for long term success. These initial achievements last a lifetime, as scientific evidence strongly suggests that a child's success is significantly determined by the quality of nurturing in the first three years of life. In 2017, Sandusky

County Early Childhood Programs received 280 referrals and 1012 home visits were made to families who reside in our County. All services are provided at no cost to the family.

Ohio Help Me Grow- Ohio's Help Me Grow Home Visiting program is a statewide effort to provide expectant or new parents with health and child development information. The goals of the program, drawn from home visiting research and evaluation studies, are to: 1) increase healthy pregnancies; 2) improve parenting confidence and competence; 3) improve child health,

development and readiness; and 4) increase family connectedness to community and social support.

Ohio Early Intervention - Early Intervention supports parents and caregivers in their efforts to enhance the development of their children under three who have developmental delays or disabilities. Services are available to all families, regardless of income.

For more information or to make a referral contact Wendy at 419-334-6383

Slow Cooker Tips for Busy Weeknights

Eating more homemade meals can ensure that kids get the fruits, vegetables, lean proteins, whole grains and low-fat dairy their growing bodies need. A slow cooker does all the work of cooking for you while you're at work or busy with the kids, minimizing time spent in the kitchen.

Try these simple tips to make the most of this versatile kitchen tool:

Prep ingredients in advance: Chop vegetables and trim meats on the weekend when you have extra time.

Be sure to cut uniform pieces for even cooking, and store prepped ingredients in airtight containers or zip-top bags in the refrigerator for up to three days.



Make-ahead when possible: If your slow cooker has a removable insert, assemble ingredients the night before and refrigerate the entire insert overnight. Note: starting with cool ingredients may lengthen cooking time.

Reinvent leftovers: Turn last night's dinner into something new. If you make a large roast, serve the leftovers as a filling for quesadillas or sandwiches.

Source: Academy of Nutrition and Dietetics; <https://www.eatright.org>

What is Preconception Health?



Preconception health refers to the health of women and men during their reproductive years, which are the years they can

have a child. It focuses on taking steps now to protect the health of a baby they might have sometime in the future.

Preconception health care is different for every person, depending on his or her unique needs. Based on a person's individual health, the doctor or other health care professional will

suggest a course of treatment or follow-up care as needed. If your health care provider has not talked with you about this type of care—ask about it!

If you currently have any medical conditions, be sure they are under control and being treated. Some of these conditions include: sexually transmitted diseases (STDs), diabetes, thyroid disease, seizure disorders, high blood pressure, and chronic diseases.

Talk with your doctor or another health professional if you smoke, drink alcohol, or use "street" drugs; live in a stressful or abusive environment; or

work with or live around toxic substances. Health care professionals can help you with counseling, treatment, and other support services.

Folic acid is a B vitamin. If a woman has enough folic acid in her body at least one month before and during pregnancy, it can help prevent major birth defects of the baby's brain and spine.

Once you are pregnant, be sure to keep up all of your new healthy habits and see your doctor regularly throughout pregnancy for prenatal care.

Source: <https://www.cdc.gov/preconception/overview.html>

Holiday Home Safety Tips

Christmas is on its way! Here are a few tips on how to avoid a Christmas catastrophe with your live tree!

Avoid placing your tree near heat sources such as fireplaces, candles, vents, radiators, or lights.

Tree needles are not only a pain to clean up but a potential hazard! Make sure needles of your tree are not readily falling off when picking it out,

and water the tree as needed after placing in the home.

Throw out damaged lights, and make sure your lights have been properly tested by a lab for safety. Every night, make sure to turn off your trees; do not leave lights on overnight and unsupervised.

Once your tree starts to drop needles it is time to say goodbye until next year.

Fact: "1 of every 3 home Christmas fires are caused by electrical problems". - blogspot.com

Don't be one of the statistics- be tree smart!

Source: christmastreeassociation.org



We're On The Web!

www.alwayschoosehealth.com



The SCHD would like to invite the Sandusky County community to attend the following health department meetings. We strongly believe that input and involvement from the community is key to improving the overall health of Sandusky County.

Board of Health

Dates: January 18, February 15 and March 15

Time: 8:30am

Location: Sandusky County Health Department

Prevention Partnership Coalition (PPC)

Date: February 7

Time: 10:00am

Location: Department of Job and Family Services

Creating Healthy Communities Coalition (CHC)

Date: January 14, March 11

Time: 8:00am

Locations: Sandusky County Health Department (1/14) and Great Lakes Community Action Partnership (3/11)

Staying Healthier in Winter Weather

Winter can be tough on our bodies – we are exposed to many cold and flu viruses, and when outside the cold temperatures can be dangerous. Here are some tips to keep you and your family healthy:

- **Wash your hands.** Washing your hands regularly, and particularly before you touch your face or eat, is one of the most effective ways to avoid getting sick.
- **Get a flu shot.** While a flu shot won't protect you from the common cold, it will lower your risk of getting a serious case of the flu, which at best means a week in bed and at worst leads to dangerous complications. This is particularly true for children and the elderly, who are more likely to develop serious complications from the flu.
- **Eat right, drink plenty of fluids, and exercise.** Though it is easy to skip workouts in dark cold weather, or to snuggle on the couch with a less-than-healthy snack after a long day, letting healthy nutrition and exercise habits slide could weaken your immune system.
- **Drink plenty of fluids before and during activities in the cold.** You may not feel as thirsty in cold weather, but you still lose fluids through your sweat and when you breathe.
- **Dress in layers.** You need a lightweight inner layer that wicks sweat away from skin, an insulating middle layer, and a water-resistant outer layer for the best protection.



Community Events and Closings

Health Department Closed – New Years Day	January 1
Professional Headshots and Networking, Sandusky County Economic Development	January 8; 4:30-7:30pm
Health Department Accreditation Community Celebration, SCHD	January 18; 2pm
Health Department Closed– Martin Luther King Day	January 21
Super Bowl Sunday Indoor 5k, YMCA	February 3; 8am-12pm
Hidden In Plain Sight, Sandusky County Job and Family Services	February 7; 11:30am-2:30pm
Health Department Closed– Presidents Day	February 18
Melt the Ice 5K Run/Walk, Biggs Kettner East Side Park	March 16; 10am-1pm

