



# Sandusky County Health Department

## Annual Report 2018



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## Mission Statement:

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

### We accomplish this mission through:

- Promoting a healthy community and protecting the residents from health risks.
- Preventing disease, disability, injury, and premature deaths.
- Defining health priorities determined through community health assessments.
- Monitoring the health status of the community.
- Developing health policy that supports and encourages improved health status.

### We assist residents through public health education and information to:

- Understand both community and personal health risks.
- Accept individual responsibility for his/her health.
- Adopt personal practices that enhance both individual and community health.

### We assure that:

- Health services are available and accessible to all residents.
- Medical services are of the highest quality and necessary.
- Environmental health conditions related to air, water, food, shelter, solid waste, sewage, consumer protection, and safety foster a healthy community.

## Vision:

*The communities of Sandusky County will Always Choose Health.*



## Board of Health

### Members

From left to right:  
Dean Auxter, Jim  
Mason, Dr. John  
Yuhas, Bob Gross,  
Steve Gruner, Ryan  
Zimmerman, and  
Terry Fought. Front  
Row: Regina Vincent-  
Williams.



## Administrative Staff

From left to right:  
Martha Bowen (Director of  
Environmental Health),  
Laura Burkin (Director of  
Nursing), Marti Swander  
(Director of Support  
Services), Bethany Brown  
(Health Commissioner),  
Stacey Gibson (Direction of  
Health Planning and  
Education), Marsha  
Overmyer (Registrar/Office  
Manager/Coroner's  
Secretary)



## Medical Director

Dr. Jennifer Greenslade-Hohman, MD





## A Letter from the Health Commissioner



In 2018, the Sandusky County Health Department continued to work towards its mission of protecting, promoting, and improving the health and well-being of the residents of Sandusky County. In a climate of change we have continued to provide exceptional services and programs that meet the needs of our community.

The Sandusky County Health Department achieved National Accreditation in 2018. It is one of fewer than 200 health departments nationwide that have thus far achieved accreditation through the Public Health Accreditation Board since the organization launched in 2011. We are pleased and excited to be recognized for achieving national standards that foster effectiveness and promote continuous quality improvement. The accreditation process helps to ensure that the programs and services we provide are as responsive as possible to the needs of our community. With accreditation, we are demonstrating increased accountability and credibility to the public, funders, elected officials and partner organizations with which we work. Whenever you see our seal of accreditation, you will know that the Sandusky County Health Department has been rigorously examined and meets or exceeds national standards that promote continuous quality improvement for public health.

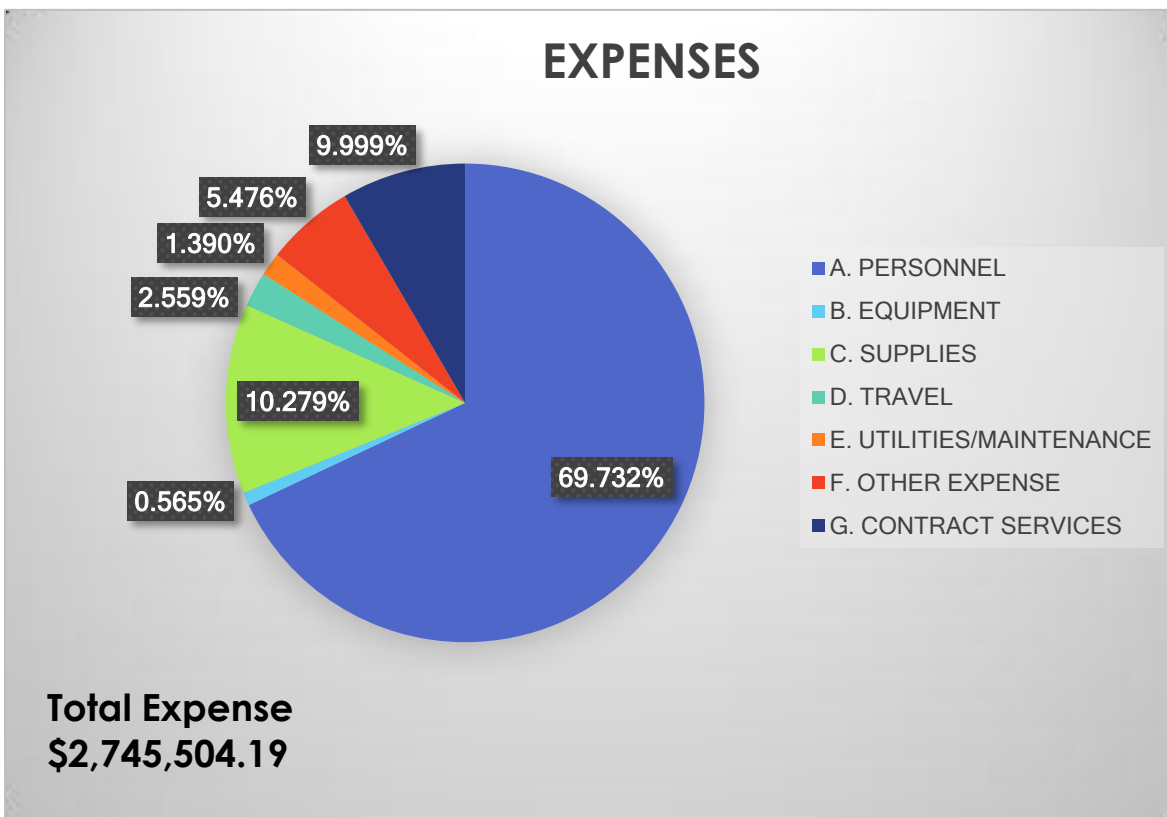
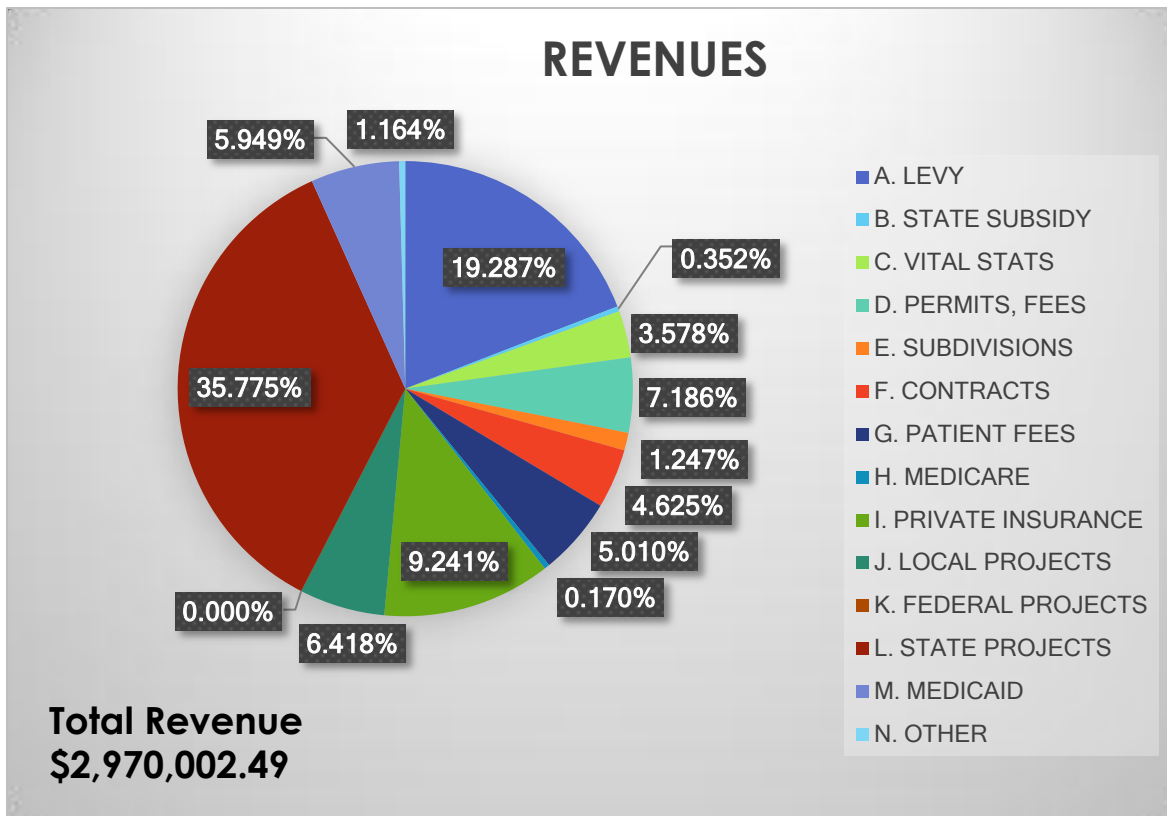
Public health departments play a critical role in protecting and improving the health of people and communities. In cities, towns, and states across the nation, health departments provide a range of services aimed at promoting healthy behaviors; preventing diseases and injuries; ensuring access to safe food, water, clean air, and life-saving immunizations; and preparing for and responding to public health emergencies. Public health professionals often perform their duties so well that their accomplishments are often invisible to the community. We hope that by achieving national accreditation our community will see the added value the health department brings to Sandusky County residents.

By continuing to improve our services and performance, we can be sure we are meeting the public health needs of those we serve as effectively as possible. By embracing the concepts of collective impact and working together, we continue on the path of making our community healthy and safe for all our residents.

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**Bethany Brown, RN and MSN**  
Health Commissioner

## 2018 BOARD OF HEALTH FUNDS



## What is Public Health?

Public Health has been a priority in Sandusky County since 1889. For well over 129 years, those working in the field of public health have worked to protect and maintain the health of the entire community; including every village, township and city. Public health recognizes that every individual's health is valued.

Public health is concerned with protecting the health of the entire population, no matter what size that population may be. Public health is community health. The dimensions of public health include health promotion, disease prevention, early diagnosis and prompt treatment, disability limitation and rehabilitation. Focusing on these elements ultimately leads to a healthier Sandusky County.



Local public health efforts include protecting drinking water, ensuring the safety of food at local restaurants, epidemiological studies, increasing vaccinations, emergency preparedness and increasing access to care for all. Continuation of critical daily strides in the decrease of infant and child mortality, and improvement of community health are most important to ensure that our daily lives are safe and the public's needs met.

An important piece of public health is the promotion of health care equity, quality and accessibility. Public Health works to limit health disparities, which includes equalizing preventable differences in the burden of disease, injury, violence, or opportunities to achieve optimal health that are experienced by socially disadvantaged populations.

Sandusky County Health Department will continue its commitment to ensuring optimal health for all community members for many years to come.

## Public Health Accreditation

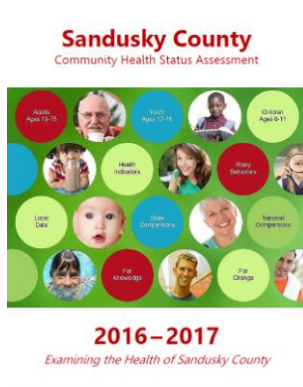
In November 2018, the Sandusky County Health Department was nationally accredited by the Public Health Accreditation Board (PHAB). The accreditation process took 3 years to review our programs, policies, procedures, tasks, and day to day operations, including how we work with our local board of health. Accreditation helps public health departments assess their strengths and areas for improvement so that they can continually improve the quality of their services and performance.

Public health departments play a critical, but often unrecognized, role in promoting and preserving the health of people in communities. When you see our seal of accreditation, you can rest assured that it means the Sandusky County Health Department has undergone rigorous, multi-faceted, peer-reviewed assessment process to ensure it meets or exceeds a set of quality standards.

The health department was one of the top 25 health departments in the state and top 200 nationwide to achieve this status. The health department will continue to strive to keep up the quality programs and services for all residents within the county.



## Community Health Assessment



A community health assessment is foundational to improving and promoting the health of a community. Sandusky County's current community health assessment, completed in 2016-2017, describes the health of Sandusky County residents, the factors that contribute to health challenges, and existing community assets and resources that are mobilized to improve our community's health. This assessment helps ensure that local resources are directed toward where they can make the greatest and most timely impact.

Sandusky County has been involved in community health assessment since 1993 through a group known as Health Partners. These assessments have allowed Sandusky County to identify priority areas of concern. A number of issues have been identified as important to the community and the constituent groups who use the health assessment. To view this full report, visit our website at [alwayschoosehealth.com](http://alwayschoosehealth.com)

Upon completing the 2016-2017 Sandusky County Community Health Assessment, the health department mobilized a group to community partners to identify [priority health issues](#).

## Community Health Improvement Plan

The Sandusky County Community Health Improvement Plan (CHIP) describes the comprehensive, cross-sector approach to addressing the community's most pressing health issues, including:

### Priority 1: Mental Health and Addiction

- Increase Awareness of Trauma Informed Care
- Expand the Number of Primary Care Providers Screening for Depression During Office Visits
- Expand Community Collaboration to Increase Awareness and Coordination of Mental Health Services
- Increase Provider Training on Opioid Prescribing Guidelines

### Priority 2: Chronic Disease

- Increase Healthy Eating Through Fostering Self-Efficacy
- Implement Healthy Food Initiatives

### Priority 3: Maternal and Infant Health

- Increase the Use of Safe Sleep Practices
- Increase First Trimester Prenatal Care
- Implement Smoke-Free Policies
- 

### Cross-Cutting Strategies

- Increase Early Identification of Mental Health Needs Among Youth
- Implement School-based Alcohol and Other Drug Prevention Programs
- Implement Shared Use (Joint Use Agreements)
- Implement School-Based Nutrition Education Programs
- Implement Complete Streets
- School-Based Physical Activity Programs and Policies
- Increase Access to Transportation
- Increase Recruitment for Mental Health Professionals

The plan also includes considerations related to social determinants of health and the underlying causes of health inequities. This CHIP contains an overview of national and state requirements driving local health planning efforts, a description of the County's health priorities and associated outcome





measures as selected by community partners, the framework and infrastructure that supports continued action, and a summary of how the plan will be monitored and updated.

**Download a copy of the 2016-2017 Community Health Assessment and 2017-2020 Community Health Improvement Plan at [www.alwayschoosehealth.com](http://www.alwayschoosehealth.com)**

## Strategic Plan (2018-2021)



The Sandusky County Health Department Strategic Plan was the result of planning efforts that were initiated in April 2018. This plan aligns with national standards set by the Public Health Accreditation Board and the 2017-2019 Ohio State Health Improvement Plan as well as linked to the Community Health Improvement Plan (CHIP), Workforce Development Plan, Branding Policy, Marketing Plan, Quality Improvement Plan, and Performance Management Plan. Through a comprehensive planning process that included input from employees, board of health members, community partners, and community members, priorities were identified and special goals and objectives were set. Over the next three years the strategic plan

will be monitored and reviewed on an annual basis and formally rewritten every three years to ensure that the priorities, goals, and objectives remain relevant and related to our mission, vision, and values.

### Strategic Planning Priorities:

1. Achieve public health accreditation
2. Continuous quality improvement
3. Workforce development
4. Branding, marketing, and communication
5. Community engagement
6. Financial health
7. Information technology

## Performance Management and Continuous Quality Improvement

The Sandusky County Health Department (SCHD) is committed to being a performance-based organization. Leaders and staff at all levels strive to create a culture in which quality is a shared value, and performance management (PM) and quality improvement (QI) activities are actively pursued and supported. The Sandusky County Performance Management and Quality Improvement Plan provides an overview of the department wide PM system and outlines how the agency ensures that QI activities are strategically aligned to support goals and objectives associated with guiding plans such as SCHD's Mission, 2017-2020 Community Health Improvement Plan, 2014-2017 Strategic Plan, and the Workforce Development Plan. The plan also describes our approach for building and sustaining a culture of QI throughout the organization.



### 2018 Performance Measurement Goals

- Increasing Access to Care
- Provide exceptional service to the patients, families, communities and partners we serve
- Increase education, outreach, awareness of programs, policies and practices
- Create a Healthier Sandusky County

### 2018 QI Projects

- To increase accounts receivable balances from immunization claims and to improve revenue cycle process.
- To increase amount of WIC participants who come to reload WIC card at Mid-Certification.

### Staff knowledge, experience, and expertise around QI

- Staff knowledge, experience, and expertise around QI vary widely across SCHD
- All staff will participate in 0.5 hours of quality improvement training annually.

## Marketing Committee

The purpose of the Marketing Committee is to promote the health department's programs and services in order to satisfy the public health information needs of our community. Goals include:



1. Promote a road community awareness of public health purpose and services
  - a. Increase perception among the public, policy makers and decision makers concerning the value of public health
  - b. Public health is critical to public welfare; therefore resources must be allocated to support public health activities
2. Differentiate the health department from other governmental departments
3. Draw a distinction between public health, and personal or clinical health service providers
4. Specific public health issues identified in the CHIP are addressed
5. Strengthen relationships with key organizations, agencies and policy makers
6. Promote the use of evidence-based strategies to reduce at-risk behaviors
7. Promote brand identity as part of the larger public health system.

Communication strategies may utilize print media, signage, digital, public presence and services. All marketing campaigns are approved by the Public Health Information Officer (PIO) and Health Commissioner. The PIO is the point of contact for the media and promotes health department events.

## Health Partners

The Sandusky County Health Department staff continues to be the Fiscal and Coordinating agent of Health Partners. Health Partners' mission is to monitor and improve the health status of Sandusky County residents. Members contribute annual dues to ensure that Health Assessments occur on a regular basis.

### Health Partner Members include:

- Community Health Services
- Firelands Counseling & Recovery Services
- Fremont City School District
- Great Lakes Community Action Partnership
- Jennifer Greenslade-Homan, M.D., Physician
- Mental Health & Recovery Service Board of Seneca, Sandusky and Wyandot Counties
- ProMedica Memorial Health Care System
- Sandusky County Board of Developmental Disabilities
- Sandusky County Health Department
- Sandusky County Family and Children First Council
- The Bellevue Hospital
- United Way of Sandusky County
- WSOS Community Action Commission

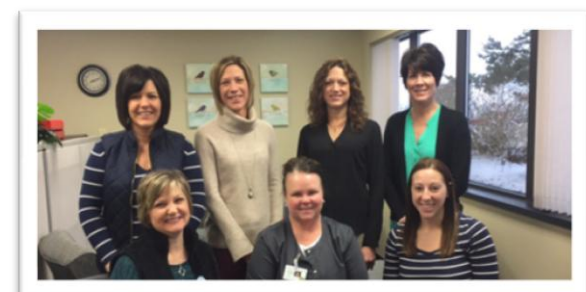




## Clerical Support

In 2018, there were a total of **448** deaths and **143** births filed in Sandusky County, including **6** home births. There were **2,661** certified copies of birth certificates and **1,735** certified copies of death certificates issued at the Sandusky County Health Department in 2018. With statewide issuance in Ohio, anyone desiring a birth certificate (who was born in Ohio) may access the certified copy

from any Local Registrar. In Sandusky County hours of issuance are Monday-Friday, 8:00 AM to 4:30 PM. The cost is \$25.00/certified copy. Certified copies of death certificates must be secured in the county the death occurred.



## Public Health Nursing

Public health nursing practice focuses on population health, with the goal of promoting health, preventing disease and protecting the public. Public Health Nurses comprise the largest segment of the professional public health workforce. By working with whole communities, public health nurses are able to educate people about health issues, improve community health and increase access to care.

The Sandusky County Health Department nurses are directly engaged in the Immunization Clinic, Flu Clinics, TB Program, and Reproductive Health and Wellness Clinic; providing services to over **5,000** clients a year. This does not include the additional eleven programs, services, and coalition groups led by the Public Health Nurses.

Communicable disease control is a core function and responsibility of public health and is delegated to local health departments in many states. The health department conducts epidemiology and surveillance for communicable/infectious diseases. The Sandusky County Health Department's epidemiologist is a registered nurse who will not only investigate, analyze, report, and mitigate disease outbreaks, but develops relationships with providers who have information on reportable diseases and facilitates information exchange. This nurse is also responsible for public health emergencies. A public health emergency is any event or situation demanding immediate action on the part of the public health department to prevent disease and injury or maintain the public health. Emergencies can be natural or man-made. We work closely with the Sandusky County Emergency Management Agency, hospitals, law enforcement, and other local agencies to be prepared for a health emergency or disaster and to ensure the safety of our residents. We regularly participate in emergency response training and exercises.



The health department works with the Ohio Department of Health and the Immunization Action Plan Program, which is designed to raise and maintain childhood and adolescent immunization rates and reduce coverage disparities by race, ethnicity, disability status and socioeconomic status in Ohio to reach the 2018 goal – that 90% of children and adolescents will be up-to-date-on immunizations by age two and age eighteen. This goal is accomplished through immunization assessment and education activities and robust reminder and recall efforts. The Public Health Nurse collaborates and bridges opportunities with parents, schools, healthcare providers. This nurse works with the Ohio Department of Health Perinatal Hepatitis B Prevention Program staff, pre-natal care providers, and hospitals.

## Tuberculosis Testing and Surveillance

Public Health Nurses administered **190** TB skin tests in 2018. In 2018 the health department had two *positive reactors*. Both were a contact from two separate active cases; one active case came from surveillance outside the county and the other reactor was from an active case within Sandusky County. Two *suspect cases* were referred to the Health Department from another medical facility.

The TB Program is not limited to the number of TB tests administered. The scope of the program involves surveillance, referrals and consulting with multiple health care providers, including hospitals and the Ohio Department of Health. Any *positive, suspect or active cases*, whether seen through the health department, or referred from another health care provider, involves a thorough investigation, education, compliance and follow up. This can take several weeks. The time involved is dependent on communication, pending X-ray results, labs, and compliance from the client, family and/or contacts.



Local physician offices and hospitals can, and do, administer the TB test as well. These facilities will contact the health department's TB nurse to refer positive reactors. Outside health departments will communicate with us if they have a *positive TB client* who has a contact who lives in Sandusky County. At this point it is our responsibility to follow-up with assistance, locate the contact, test, provide education and complete surveillance with documentation through the Ohio Department of Health.

A *positive TB skin test* only tells that a person has been infected with TB bacteria. It does not tell whether the person has a latent TB infection or has progressed to TB disease. Other tests, such as a chest x-ray and sample of sputum, are needed to see whether the person has TB disease. Active TB bacteria become active in the body and multiply, the person will go from having latent TB infection to being sick with TB. A *contact* is identifying the relevant contacts a person with an infectious disease and ensuring that they are aware of their exposure and implement necessary measures. Diagnosis of pulmonary TB should be *suspected* in patients with relevant clinical manifestations; cough lasting greater than 2-3 weeks, fevers, weight loss, night sweats, poor appetite, chills and feeling tired or weak. Anyone can get TB. When someone with TB in their lungs coughs, sneezes, or talks, TB germs can be sprayed into the air. Anyone close by can breathe the germs into their lungs. You cannot get TB from shaking hands or from food, dishes, linens or other objects.

## Welcome Home Newborn Visit



The Newborn Welcome Home Visit Program was established through the collaboration of the Maternal Health and Infant Mortality Coalition. Funding for this program was provided by the generosity of the United Way of Sandusky County. The Newborn Welcome Home Visit consists of; a free visit by a Public Health Nurse from the health department, education on safe sleep and newborn care, and referrals to community resources. The Newborn Home Visit Program works in partnership with the Ohio Department of Health's (ODH) Cribs for Kids and Safe Sleep Program. This program works to reduce infant sleep-related deaths by providing safe sleep environments and safe sleep

education. By aligning services with ODH and delivering evidence-based interventions, the health department is building a healthier community that enables infants to live injury free and valuing everyone equally; addressing health inequities and disparities; and support access to comprehensive, integrated healthcare for all to achieve the best possible outcomes. In 2018 a total of **42** Newborn Welcome Home Visits were made and **46** cribs were distributed. Within these visits a total of **61** referrals were made for families seeking or asking about additional family resources in Sandusky County. If you or someone you know is interested in a Newborn Welcome Home Visit, or Cribs for Kids, please contact the health department at (419) 334-6316.





## Bureau of Children with Medical Handicaps (BCMh)

The Bureau for Children with Medical Handicaps (BCMh) is a health care program through the Ohio Department of Health. CMH links families of children with special health care needs to a network of quality providers and helps families obtain payment for the services their children need.

CMH's mission is to assure, through the development and support of high quality, coordinated systems, that children with special health care needs and their families, obtain comprehensive care and services that are family centered, community based and culturally sensitive. BCMH promotes early identification of children with handicapping conditions and treatment of those children by appropriate health care providers.

CMH provides assistance to children with special health care needs and their

families who meet the medical and financial eligibility criteria. Assistance is provided to children under the age of 21 who have special health care needs and are residents of the State of Ohio.

Major components of the program include: conducting quality assurance activities to establish standards of care and to determine unmet needs of children with handicaps and their families; funding services for the diagnosis and treatment of medically eligible conditions; collaborating with public health nurses at the Sandusky County Health Department to assist in increasing access to care; supporting service coordination for children with selected diagnoses; and assisting families to access and utilize appropriate sources of payment for services for their

child. In 2018 there were **188** children served who are active on the CMH diagnostic, treatment, and/or service coordination program.

If you have questions about the CMH Program please call (419) 334-6377. A Public Health Nurse would be happy to assist you and answer any questions.



## Immunization Clinic



The Sandusky County Health Department is one of the main providers in the county that administer vaccinations to infants, children, adolescents and adults. The goal of the immunization program at the Sandusky County Health Department is to reduce and eliminate vaccine-preventable diseases among the county's residents. The nursing staff provided services for **2,299** clients with **5,463** immunizations administered. The Sandusky County Health Department participates in:

- Vaccine for Children Program, provided by the Ohio Department of Health
- The statewide immunization registry IMPACT SIIS
- The Immunization Action Plan Grant which allows nurses to assess immunization rates and provide education on immunizations to local healthcare providers
- Works with local providers to prevent the spread of vaccine-preventable diseases and improve immunization rates for the county



Getting immunized is important to protect yourself, your child, and to protect those around you. Vaccines are the best way we have to prevent infectious diseases. Vaccine-preventable diseases, such as measles, mumps, and whooping cough are still a threat. They continue to infect U.S. children, resulting in hospitalizations and deaths every year. Outbreaks of preventable diseases occur when many parents decide not to vaccinate their children. If children aren't vaccinated, they can spread disease to other children who are too young to be vaccinated or to people with weakened immune systems, such as transplant recipients and people with cancer. This could result in long-term



complications and even death for these vulnerable people. If we stopped vaccinating, diseases that are almost unknown would stage a comeback. Before long we would see epidemics of diseases that are nearly under control today.

Immunization Clinic Schedule		
Fremont	2000 Countryside Drive	Monday- Friday: 8:00am-4:00pm <b>LATE NIGHT CLINIC- Every Thursday until 6:00</b>
Clyde	206 S. Main Street	3 <sup>rd</sup> Wed. every month: 9:00am-3:00pm
Gibsonburg	317 E. Madison Street	2 <sup>nd</sup> Wed. every month: 9:00am-3:00pm

## Flu Clinic

In 2018 a total of **908** flu vaccines were administered to infants > 6 months old, children, adolescents, men, women and the elderly. Five separate flu clinics were offered at the health department, as well as the additional opportunity for clients to walk-in Monday thru Friday and get a vaccine. To increase access to the flu vaccine, the health department partnered with area churches and small businesses. A total of 10 additional flu clinics were offered outside of the health department. Clinics were offered not only after hours, but on weekends as well. These clinics were successful and will continue next flu season.

If you or someone you know is interested in our immunization program, or would like to make an appoint, call (419)334-6367



Count	Clinic
624	Sandusky County Health Department
52	Private Business
36	St. Joseph Parish Hall
23	First United Church of Christ
22	Clyde Senior Center
51	Sacred Heart Church
37	Terra State Community College
17	Faith United Methodist Church
25	Trinity United Methodist Church
4	Woodville Fire Department
17	Clyde Christian Church
<b>908</b>	<b>TOTAL</b>

## Communicable Diseases

Ohio Revised Code requires that certain diseases of public health concern be reported to the local health department. These reports are used to protect the public's health by quickly identifying outbreaks, tracking disease numbers and trends, and offering a snapshot of the community's health. Examples of some of the illnesses spread person-to-person include mumps, whooping cough, and chicken pox. This list also includes food related illnesses from organisms like Salmonella and E. coli.



Health department personnel investigate and follow up on all reports of communicable diseases in an effort to prevent the spread of those diseases. In 2018, **196** individual reports for **20** diseases or conditions were received and investigated. Additionally, one community disease outbreak was investigated and resolved.

The most common conditions reported among Sandusky County residents in 2018 (excluding chlamydia and gonorrhea) are shown below:

Reportable condition	Reported Cases
Influenza-associated hospitalizations	72
Hepatitis C	58
Campylobacteriosis	10
Invasive <i>streptococcus pneumoniae</i> disease	9

## Pediatric Cardiac Clinic

The Sandusky County Health Department works together with ProMedica Memorial Hospital and Pediatric Cardiologist Dr. William Suarez to provide a Pediatric Cardiology Clinic on the 2<sup>nd</sup> Tuesday of every month. The clinic is held at ProMedica Memorial Hospital and has provided care to 1,907 children from Sandusky and surrounding counties since it first began in 1986. A Public Health nurse from the health department attends the monthly clinic to provide Children with Medical Handicaps (CMH) assistance and ongoing case management for families. CMH is a program through the Ohio Department of Health that links families of children with special health care needs to a network of quality provider. This program also helps families obtain payment for these necessary services. If you, or someone you know, are interested in assistance from Children with Medical Handicaps, please call the health department at (419) 334-6377.



## Child Fatality Review Board (CFR)

The Sandusky County Child Fatality Board meets to decrease the incidence of preventable deaths in children less than 18 years of age. This is done by doing all the following:

- Promoting cooperation, collaboration and communication between all groups, professions, agencies, or entities that serve families and children
- Maintaining a comprehensive database of all child deaths that occur in the county or region by the CFR board in order to develop an understanding of the causes and incidences of those deaths
- Recommending and developing plans for implementing local service and program changes to the groups, professions, agencies or entities that serve families and children that might prevent child deaths
- Advising the Ohio Department of Health of aggregate data, trends, and patterns concerning child deaths

## Maternal Health and Infant Coalition

The Maternal Health and Infant Mortality Coalition was established in 2015 to improve maternal health, birth outcomes and reduce infant mortality in Sandusky County. The work of this Coalition has made an impact in reducing infant deaths in Sandusky County. Coalition members include:

- Sandusky County Health Department
- ProMedica Memorial Hospital
- Bellevue Hospital
- NOMS Healthcare
- Community Health Services
- Help Me Grow
- Department of Jobs and Family Services
- Family and Child First Council
- Mental Health and Recovery Services of Seneca, Sandusky and Wyandot County

This coalition of community members examines risks, health disparities, barriers to care, education, health programs.



## Maternal Child and Health Program

The Maternal Child and Health Program has been providing support services for the Sandusky County Health Department by identifying health needs, service gaps, and barriers to care for families. The objectives of the Maternal and Child Health Program are to eliminate health disparities, improve birth outcomes, and improve the health status of Ohio women, infants, children, youth and families through a life course approach.



2018 goals of the Maternal and Child Health Program were to promote physical activity among families and young children so that they develop healthy habits that last a lifetime. "Make Family Time Active Time" was the slogan the health department developed to encourage families to increase their physical activity by doing things together.

These goals continue to be addressed by the Public Health Nurses. The nurses have worked with the community, hospitals, physicians and area care givers, families, stake holders, and schools. The Public Health Nurses participated in multiple outreach activities throughout the year with different organizations, including the Fremont Recreation Center and the YMCA. These activities demonstrated how some activities are not only fun for the entire family, but very inexpensive. Other activities included; a photo contest for a chance to win memberships to the YMCA and the Fremont Recreation Center, an essay contest for a chance to win a brand new bike and helmet, and cooking classes that were held in collaboration with WIC and the OSU extension office. Teaching families' fun ways to stay active help establish healthy lifestyle patterns that can carry forward for the rest of their lives.

Good nutrition and regular physical activity are essential to keeping current and future generations of Americans healthy. People who eat a healthy diet and get enough physical activity live longer and have fewer chronic diseases, such as type 2 diabetes, heart disease, and obesity.

Seven of the top 10 leading causes of death in the United States are due to chronic diseases, and treating people with chronic diseases accounts for 86% of our nation's health care costs. People with chronic diseases often have a lower quality of life. In the United States 1 in 5 children (12 million) and more than 1 in 3 (78 million) adults struggle with obesity. This causes \$147 billion in obesity-related health care costs each year. Young children with obesity tend to keep extra weight into adulthood. Fortunately, eating a healthy diet, getting enough physical activity, and not using tobacco help prevent most chronic diseases.



According to the State of Obesity, Ohio has the 11th highest obesity rate in the nation and now sits at 33.8% for adults and 6th highest obesity rate for youths 10 to 17 at 18.6%.

Parents who help their children develop healthy behaviors as part of their daily life, can prevent conditions such as high blood pressure or obesity, which raise their risk of developing the most common and serious chronic diseases.

## Emergency Preparedness

A public health emergency is any event or situation demanding immediate action on the part of the public health system in order to prevent disease and injury or maintain public health within the community. Emergencies can be natural or man-made. The Sandusky County Health Department creates and maintains plans for all types of emergencies, and works closely with the Sandusky County Emergency Management Agency, the Red Cross, hospitals, law enforcement, and other local and regional partners. The Sandusky County Healthcare Coalition and Sandusky County Local Emergency Planning Committee are two preparedness groups that the health department participates in.

Training and exercises are a large part of the health department's emergency preparedness program. Each year, the health department holds a mass flu vaccination clinic, which assists in maintaining preparedness for events that could require providing pharmaceuticals to a large number of county residents. The health department conducted and/or participated in multiple exercises in 2018 involving severe weather, mass care and sheltering, hazardous materials, and novel influenza. Health department staff attended trainings on a wide variety of topics, including radiation, biological incident response, volunteer management, infectious disease outbreaks, and mass casualty incidents. Health department staff also provided trainings on infectious diseases for community groups, and infection control for long term care facilities.



## Reproductive Health and Wellness Program

The Reproductive Health and Wellness Program provides abstinence counseling, contraceptive options, pregnancy testing, preconception care, natural family planning methods, STD testing and treatment, screenings for breast and cervical cancer, free and confidential HIV testing and reproduction education. Contraceptive options include, but are not limited to; oral contraceptives, Nexplanon, IUDs, and hormonal injections.



For over 44 years, the Sandusky County Health Department's Reproductive Health and Wellness Program has been providing a broad range of services related to achieving and preventing pregnancy, assisting women, men, and couples with achieving their desired number and spacing of children. Program priorities are derived from Healthy people 2020 objectives and from the Department of Health and Human Services (HHS).



We offer pre-exposure prophylaxis (PrEP) to individuals at a very high risk for HIV. Studies have shown that PrEP is highly effective for preventing HIV if it is used as prescribed. The cost of PrEP is covered by many health insurance plans, and a medication assistance program provides free PrEP to people with limited income and no insurance to cover PrEP care. The Sandusky County Health Department is only one of three public health department's along the northern Ohio border who offers this service.

We have clinics in both the Sandusky County and Seneca County Health Departments and offer after hour clinics every Thursday in Fremont. Services are available to both woman and men. If you, or someone you know, are interested in our Reproductive Health Clinic, please call (419) 334-6355.

2018 Statistics	
Communicable Disease	Reported Cases
Gonorrhea	62
Chlamydia	258
Syphilis	9
HIV	0

Reproductive Health & Wellness Clinic Schedule		
Fremont	2000 Countryside Drive	Tuesday & Wednesday 8:00a-4:30p Thursday 8:00a – 6:00p Friday 8:00a – 2:00p
Tiffin	71 South Washington Street Suite 2	Monday 9:00a -3:30p

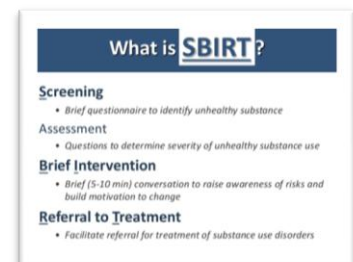
### Screening, Brief Intervention, and Referral to Treatment (SBIRT)

Screening, Brief Intervention, and Referral to Treatment (SBIRT) is an evidence-based practice used to identify, reduce, and prevent problematic use, abuse, and dependence on alcohol and illicit drugs. SBIRT is a comprehensive, integrated, public health approach to the delivery of early intervention and treatment services for persons with substance use disorders, as well as those who are at risk of developing these disorders. The program is designed to reduce morbidity and mortality of alcohol and other drug use through early intervention and the integration of medical and behavioral health approaches. The health department is a community setting that provides opportunities for early intervention with at-risk substance users before more severe consequences occur.

Screening quickly assesses the severity of substance use and identifies the appropriate level of treatment.

Brief intervention focuses on increasing insight and awareness regarding substance use and motivation toward behavioral change.

Referral to treatment provides those identified as needing more extensive treatment with access to specialty care.



In 2018 Debra Scholten, from the Ohio Mental Health and Addiction Services provided free SBIRT training for the health department staff. This service is provided to any clients over 18 years old in the Reproductive Health and Wellness Clinic, and is available through our public health nursing services.

**In 2018, the health department completed 322 SBIRT screenings of which 47% were positive for the need of a brief intervention.**

**Screening:** Universal screening for alcohol, and other drug, and depression are incorporated into the routine patient visit and integrated as standard of care. Screening is done through interviews and patient self-reporting validated screening tool. For patients who report concerns regarding alcohol or other drug use and/or mental health issues, one of three follow up services can be provided.

**Brief Intervention:** A Brief Intervention is an educational session provided to motivate patients to change patterns of drug/alcohol use in order to avoid health consequences in the future.

**Brief Treatment/Therapy:** The screener provides a series of brief sessions in an effort to help the patient see the risks associated with drug/alcohol use and motivate behavior change to reduce these behaviors.



**Referral to Treatment:** Patients who report more serious concerns on the screening tools are referred to formal treatment services. Counseling and Recovery Services will work with the patient and family to help facilitate these referrals.



## Women, Infants, and Children (WIC)

WIC is the Special Supplemental Nutrition Program for Women, Infants, and Children. WIC helps income eligible pregnant and breastfeeding women, women who recently had a baby, infants, and children up to five years of age who are at health risk due to inadequate nutrition. The program improves pregnancy outcomes by providing or referring to support services necessary for full-term

pregnancies; reduces infant mortality by reducing the incidence of low birth weight (infants under 5 ½ pounds are at greater risk of breathing problems, brain injuries and physical abnormalities), and provides infants and children with a healthy start in life by improving poor or inadequate diets.

WIC provides nutrition education, breastfeeding education and support; supplemental, highly nutritious foods such as cereal, eggs, milk, whole grain foods, fruits and vegetables, and iron-fortified infant formula; and referral to prenatal and pediatric health care and other maternal and child health and

human service programs.

In 2018, our WIC program served **643** new participants in Sandusky County. The average caseload per month was **1,004** participants, and an average **179** referrals were made monthly to prenatal and pediatric health care or other maternal and child health and human service programs. Our breastfeeding rates remained strong with an average of **35%** of all postpartum women on the WIC program, either exclusively or partially breastfeeding their babies.



If you or someone you know would benefit from the WIC program please call our office at 419-334-6363, we'd be glad to help!



## Early Intervention and Help Me Grow Home Visiting

The Sandusky County Health Department serves children in both the Help Me Grow Home Visiting program and the Early Intervention program, an evidence-based parent support program that

encourages early prenatal and well-baby care, as well as parenting education to promote the comprehensive health and development of young children.

HMG/HV is a voluntary family support program for pregnant women or new parents. Our home visitors are well-trained and help empower parents with skills, tools and confidence to nurture the healthy growth of their children. The health department believes all young children deserve the same opportunities to realize their full potential in life, regardless of economic, geographic, and demographic considerations. The parenting education and child development resources provided to families allows them to maximize this critical period of development in their child's life, providing a foundation for lasting success.



The HMG/HV program goals and benchmark domains are: improvement in maternal and newborn health, reduction in child injuries, abuse, and neglect, improved school readiness and achievement, reduction in crime and domestic violence, and improved family economic self-sufficiency.



When a parent schedules a home visit, they will have the opportunity to share their thoughts about parenting, ask questions, and receive reliable information based on their individual family needs or topics of interest.

Topics may include, but are not limited to: healthy pregnancies, baby and child health, breastfeeding, nutrition, immunizations, child growth and development, discipline, toilet training, child safety, household safety and local resources.



In 2018, Sandusky County Ohio Early Childhood Program received **194** referrals and **928** home visits were made to families who reside in Sandusky County.

If you are interested in HMG, or may know of a family who may benefit from this program call 419 - 334-6377.

## Moms Quit For Two



Smoking during pregnancy remains one of the most common preventable causes on infant mortality. Smoking cigarettes during pregnancy had been identified as one of the most significant factors contributing to poor pregnancy outcomes including miscarriage, premature delivery, stillbirth and low birth weights. Among women giving birth in Ohio, 17% smoke during the 3rd trimester of pregnancy, a rate that is double that of the nation. The Surgeon General reported in 2014 that in the past 50 years, more than 100,000 infants in the US have died as a result of SIDS, complications of low birth weight or prematurity, or other pregnancy problems resulting from parental smoking. Women who quit

before or during pregnancy can reduce or eliminate these risks. Infants are uniquely vulnerable to the hazards of smoke exposure. The Moms Quit for Two Program is part of a larger effort to promote smoking cessation and reduce second hand smoke exposure among Ohio's most vulnerable population. Moms Quit for Two expands the reach of a smoking cessation program among pregnant and postpartum women who smoke, as well as their partner. Women who quit smoking reduce the risk of having premature or low birth weight babies. This program combines evidence-based smoking cessation strategies with practical incentives while monitoring success.



Between prenatal and postpartum women, the health department conducted **89** smoking cessation sessions in 2018. The Sandusky County Health Department will conduct 4 individual prenatal smoking cessation sessions (10 minutes each) and will test each participant using a carbon monoxide (CO) test at each session. After the baby is born, the participant will receive 12 individual, monthly, smoking cessation sessions with a CO monitor. This program is open not only to the pregnant woman, but to their partner as well. If the participant and partner remains tobacco free, the participant/partner each receives a \$25 diaper voucher each month up to (12) months postpartum. By working with pregnant and postpartum moms the Sandusky County Health Department strives to improve pregnancy outcomes for both the baby and mom. To enroll in this program, you must be pregnant and receive 4 individual prenatal smoking cessation sessions prior to the baby's birth. If you are interested in this program or feel someone you know may benefit from this program, please call (419) 334-6383.



## Environmental Health

Do you use any of the Environmental Health Division's services? Let's just take a moment...

Do you have a tattoo? Tattoo & body art facilities are inspected to ensure the artists are properly certified and the facility is operated in a safe manner to prevent infections. There are **8 licensed facilities**. Be safe; do not get your tattoo in someone's garage.



Do you use the pool in Woodville, Clyde, Fremont Rec., or the YMCA? Do you swim at a public beach? We complete inspections to ensure lifeguards are properly trained, the disinfection levels are correct to prevent the spread of any waterborne disease, and the facilities are operated in a safe manner. If you have friends staying at our local hotels, you can rest assured that we have inspected the pools and spas at the hotels too.



Everyone knows we inspect restaurants, but did you know we also inspect grocery and convenience stores? The health department works hard to educate food operators on the safe handling of your food to prevent cross contamination issues which cause illnesses. We also inspect the mobile food vendors, temporary food sales, and vending machines. Combined there are **420 locations** and we completed **1,058 inspections** in 2018. Inspection and reporting times average about 2.50 hours per restaurant or grocery store.



Do you go camping? Campgrounds are inspected to ensure safe drinking water, spacing of campers for fire prevention, and proper handling of waste water & trash. There are **12 licensed campgrounds** in Sandusky County.



If you live outside of the city limits, you have a well for drinking water and a household sewage treatment system. These are permitted and inspected to ensure the systems are operating properly. **26 well permits** and **42 sewage system permits** were issued in 2018. Currently, we are working with 19 property owners through an OEPA grant to replace their failed sewage systems.



## Health Planning and Education

The Health Planning and Education Division strives to engage and empower individuals, family and the community to make positive changes towards a healthy and active lifestyle. Division goals are driven by the Community Health Improvement Plan priorities and strategies selected through a network of collaborative partnerships.

Much of the work of the division is focused on health promotion, prevention activities and population level change; the health educators also facilitate and hosts of many community trainings, events, presentations and collaborative meetings. The Health Planning and Education Division uses a variety of evidence based strategies and promising practices to increase the likelihood of behavior change.



Funding for programming comes from a variety of sources including state and federal grants, program allocations, and local mental health levy dollars.

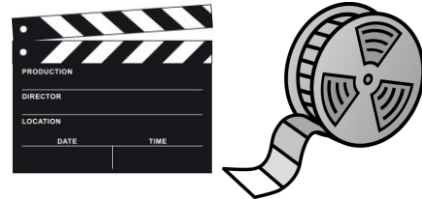
## Health Promotion Videos

The Health Education Division created a series of community based prevention videos based on healthy choices and decision making. These PSAs were placed on social media and promoted at events, training sessions and in partner agencies and businesses.

The “stars” of this series of videos included:

### 50 Things for Youth to Do in Sandusky County

- Clyde, Bellevue and Fremont High School Students



### ABC's On How to be a Be A Healthy Me

- Green Springs, Gibsonburg Elementary School, and Lakota Elementary School Students

### Guiding your Children to Make Healthy Decisions

- Trisha Reiter, Parent
- Cassandra Tucker, MSW, Fremont City Schools
- Fremont City Schools ACE Mentoring Students
- Judge Brad Smith, Sandusky County Juvenile/Probate Court
- John Cahill, Coach

To view these videos visit, [www.alwayschoosehealth.com](http://www.alwayschoosehealth.com)

The division also created a cartoon video promoting public health that is shown prior to every movie at Paramount Cinema in downtown Fremont.

*Funding for these videos was provided by: the Sandusky County Health Department and Prevention Partnership Coalition with grant funding provided by the Mental Health and Recovery Service Board of Seneca, Sandusky and Wyandot Counties; and Ohio Mental Health and Addiction Services.*

## Substance Abuse Prevention



**MISSION:** The Prevention Partnership Coalition builds a healthier community by preventing and reducing substance abuse in Sandusky County.

The Prevention Partnership Coalition (PPC) Members recognize that large-scale change requires broad cross-sector collaboration and coordination. As an organization that specializes in the connecting members and providing community outreach, the PPC has become an essential resource for local organizations seeking to work together reduce substance abuse and other risking behaviors while improving overall community wellness. PPC funding comes from the Ohio Mental Health and Addiction Services and local Mental Health and Recovery Service's levy dollars. Additional funds are leveraged from other grants, local agencies, and other organizations.



### Major Accomplishments in 2018:

- Over **150** community partners attended 6 Community Trainings throughout the year: Everyone's an Asset Builder, Ohio's Medical Marijuana Program; Prevention in a Changing Environment, Scare Tactics and the Importance of Positive Prevention Practices, Is Addiction a Choice?, Gambling Disorder Treatment and Community Awareness and Recognizing and Responding to Human Trafficking.

- Created 3 Prevention videos featuring local elementary and high school youth and Community Leaders, videos were released online and on the Always Choose Health website.
- Over 85 employees of alcohol and tobacco permit holders in Sandusky County attended an Alcohol Server Training present by the Ohio Investigative Unit.

### Red Ribbon “Spook”tacular



Red Ribbon Week is the Nation's oldest and largest drug prevention program, reaching millions of Americans during the last week of October every year. Red Ribbon Week is celebrated annually October 23-31. By wearing red ribbons and participating in community anti-drug events, young people pledge to live a drug free lifestyle and pay tribute to DEA Special Agent Enrique “Kiki” Camarena.

All of Sandusky County schools participate in this yearly event that includes dress days, handouts and information for students and parents. Each year the Red Ribbon “Spook”tacular is held at Terra State College and includes, games, give a ways and over 25 vendors sharing drug and alcohol prevention information to the participants. In 2018 there were 400 attendees and 60 volunteers at the event.



### 40 Developmental Assets



The Prevention Partnership Coalition works to decrease youth substance use by implementing the 40 Developmental Assets Program in Sandusky County Middle Schools. This program created by the Search Institute has shown that the more assets that youth have the less likely they are to engage in risky behaviors like substance use and the more likely they are to become successful adults. Each year students are selected from Sandusky County Middle Schools to be part of their school's asset team. These students are invited to a training where they learn about the assets and each team works within their school to educate other students about assets and help to increase the assets in their schools.

#### As of December 2018:

- There have been a total of 106 students trained in the 40 Developmental Assets from Bellevue, Fremont, Gibsonburg, Lakota, and Woodmore Middle Schools.

### Sandusky County Health Department's Role in Combating Opiate Use

The opioid epidemic is public health issue. This crisis has far reaching impacts that not only effect public health, but also law enforcement, the judicial system, child protective services, emergency medical services, hospitals, treatment centers, coroners, schools, employers, and state and local government.

**Assessment** – The SCHD serves a primary role in conducting Community Health Assessment, which identify key problems and assets in our community, and Community Health Improvement Plan, which set priorities and coordinate resources around important health concerns in communities. In 2017, Mental Health and Substance Abuse became one of 3 priorities selected; this was primarily due the current opioid crisis.

**Harm Reduction** – Harm reduction is a public health intervention that seeks to reduce the harms associated with drug misuse. Through an allocation by the Ohio Mental Health and Addiction Services, the Sandusky County Health Department was able to provide 60 doses of Naloxone to area first responders in 2018. Opioid





Abuse and Prevention training and distribution of naloxone to first responders and service entities included: Sandusky County EMS, Sheriff's Office, Bellevue, Clyde, Fremont, Green Springs police departments and the Sandusky County Drug Task Force.

**Coalition/Collaboration** – SCHD coordinates the Sandusky County Combined Coalition and provides expertise in planning, evaluation, and data collection in targeting strategies and measuring outcomes short and long-term.

**Policy/ Legislation/Advocacy** – SCHD supports policy, legislation and advocacy that aims to decrease drug misuse and increase treatment, recovery and prevention. This includes removal of barriers to prescription drug drop boxes, and funding to support continued work. The Prevention Partnership Coalition was instrumental in placing six permanent drop locations for unwanted, unused, and expired medications throughout the county for the safety and well-being of community members. Drop box locations are the Bellevue Police Department, Clyde Police Department, Fremont Police Department, Gibsonburg Police Department, Woodville Police Department, and the Sandusky County Sheriff's Office.



**Prevention/Education and Public Awareness** – SCHD implements numerous prevention programs across a broad spectrum of services and is involved in implementation and/or assurance of evidence-based prevention education in schools. This team also plays a role in education and assistance with drug take back initiatives and education for prescribers on prescribing guidelines, Ohio Automated Rx Reporting System (OARRS), and Screening, Brief Intervention, Referral to Treatment (SBIRT). We continue to raise awareness and public knowledge of the dangers of substance misuse and illicit drug use.

## Medication Take Back Boxes

Prescription drug abuse and heroin use is on the rise across the nation, and our county is not immune from this issue. The Prevention Partnership Coalition was instrumental in placing six permanent drop locations for unwanted, unused, and expired medications throughout the county for the safety and well-being of community members. In addition, two times a year, letters and materials on the awareness of safe and proper ways to dispose of medication was mailed to physicians, pharmacies, human resources, churches, realtors, and more.



### Medication Drop Box Locations:

Bellevue Police Department  
Clyde Police Department  
Fremont Police Department  
Gibsonburg Police Department  
Sandusky County Sheriff's Office  
Woodville Police Department

## Gambling Prevention



In 2018, the Prevention partnership was awarded \$15,000 from the Mental Health and Recovery Services Board of Seneca, Sandusky and Wyandot Counties to target Gambling Prevention. The Prevention Partnership Coalition's successful approach and extensive knowledge of gauging Community Readiness, the Strategic Prevention Framework (SPF), and Community Engagement have led to changing community conditions and measurable outcomes in reducing alcohol and tobacco rates. These successes in the substance abuse prevention field have prepared our coalition partners to extend our efforts into other prevention areas, such as gambling prevention.

- In 2018 SCHD completed a Community Readiness Assessment (CRA) project consisting of look at Sandusky County gambling data.

- SCHD brought Ohio Mental Health and Addiction Services Trainer Scott Anderson to present to the community on Gambling Disorder Treatment and Community Awareness.
- SCHD completed selecting a problem of practice, conducted community assessment interviews and developed a plan for increasing our communities' readiness for change.

## Safe Communities

Safe Communities is a program under the Ohio Department of Public Safety. Safe Communities receives funding from the Ohio Department of Public Safety and the National Highway Traffic Safety Administration. Sandusky County HD received \$47,000 in 2018. The goal of this program is to work with local groups and law enforcement to reduce traffic fatalities and focus on seven initiatives that serve to advance projects in specific traffic safety areas. Initiatives include:

- **Traffic Fatalities**- all fatal crashes occurring in Sandusky County are reviewed. Countermeasure recommendations are developed to prevent future crashes of a similar manner.
- **Impaired Driving**- works to prevent motorists from driving distracted or alcohol impaired through innovative programs, awareness campaigns, education and enforcement.
- **Motorcycle Safety**- increase awareness of motorcycle safety issues among motorcyclists and general motorists through education, awareness campaigns, and promotion.
- **Seat belt use**- to increase seat belt use in Sandusky County from **94% to 98%** through education and enforcement.



## Creating Healthy Communities Program

The Creating Healthy Communities (CHC) program was established in 2015 in an effort to prevent and reduce chronic disease in Sandusky County. CHC's mission is "making the healthy choice the easy choice." Through cross-sector collaboration, CHC is implementing evidence based strategies that improve access to and affordability of healthy food, increase opportunities for physical activity, and assure tobacco-free living where residents live, learn, work and play. Program funding comes from the Centers for Disease Control and Prevention's (CDC) Preventive Health and Health Services Block Grant, administered by the Ohio Department of Health. Additional funds are leveraged from other grants, agencies, and organizations.



### Major Accomplishments in 2018:

- Implemented one smoke free multi-unit housing policy
- Installed 11 public bikes racks and bike repair stations.
- Repaired one park/playground
- Held one Open Streets event to promote health and gain support for a complete streets initiative
- Assisted one worksite establish and implement a policy that supports employees actively commuting to work
- Assisted two worksites establish and implement food and beverage guidelines for company sponsored meetings and events
- Improved access to healthier food options at one local food pantry



## PAX Good Behavior Game



PAX Good Behavior Game is an evidence-based preventative intervention that teaches students self-regulation, self-management, and self-control. Utilizing this tool in classrooms has proven to decrease negative behaviors and increase classroom instruction time. PAX has also shown to decrease the number of youth who use alcohol, tobacco and other drugs, and decrease the number of youth who report suicidal thoughts or ideations. The focus of this program for 2018

was to continue to train teachers and to assist those trained to implement the program in their classrooms.

### As of December 2018:

- There have been 157 Sandusky County Teachers and 14 PAX Partners trained in the PAX Good Behavior Game.
- There is continued interest and requests from all Sandusky County Schools to send more teachers to the training.
- Teachers and schools who are using the program have reported positive changes in classroom behaviors and decreased discipline referrals.
- There has been an increase in community interest and support for the program and continued implementation.



## Community Cessation Initiative (CCI)

In 2017, the Sandusky County Health Department received funding to support Tobacco Cessation Services. The Community Cessation Initiative (CCI) is funded with a grant through the Ohio Department of Health. In 2018, the Health Department organized a provider network of physicians and community agencies that offer tobacco cessation and became the central referral point for the county for those seeking cessation services. Community members were able to choose from group, individual, and online counseling services. Nicotine Replacement Therapy (NRT) was also "covered".



### 2018 accomplishments:

- Six providers were officially established into the CCI network: Sandusky County Health Department, Community Health Services, NOMS, Family Life Counseling and Psychiatry Services, Firelands recovery Services, and Moms Quit for Two of Sandusky County
- The Sandusky County CCI team received referrals from almost **60** residents of the county that wished to quit tobacco.

## Sandusky County Fair



Health Department has its own tent at the Sandusky County Fair. It is a great place to be able to talk to and answer any questions residents may have about Health Dept services. This year in addition to information about services the Health Dept provides we had an interactive information display for all the services the Health Department offers to its residents.

## Worksite Wellness Committee

**MISSION:** The Worksite Wellness Committee will work to provide opportunities for employees to develop healthier lifestyles by supporting the adoption of habits and attitudes that contribute to their positive well-being.

The Worksite Wellness Committee is made up employees who are enthusiastic about integrating wellness into the culture of the workplace. The committee meets bi-monthly to build, plan, and evaluate health and wellness initiatives offered to all health department employees. Funding for employee wellness incentives in 2018 was provided through the department's Aetna Wellness Fund. In 2018, the committee hosted a wellness challenge that ran from October 2017 to August of 2018. Employees who participated in the challenge earned points for engaging in various wellness activities both inside and outside of work. At the end of the challenge, awards were presented to employees who earned most points as well as those who improved the most from the prior year. Other wellness initiatives that were supported by the Committee include:

- healthy lunch and learn with Holiday Health Trivia
- water drinking challenge
- lunch break walking challenge
- healthy soup kick-off
- Bi-monthly DIY themed snack bars at staff meetings



## Giving Back to Our Community:

The Sandusky County staff participates in community projects every year. This year staff chose to donate to the United Way of Sandusky County. 100% of staff participated in the United Way campaign efforts. As well as hosted a "baby shower" to donate baby items/diapers to Share and Care, held a food drive to provide food items to the Food Pantry, and participated in Community Christmas by adopting a family and senior citizen.





## Public Health on the Move 2018 in Review

