

# TRUMBULL COUNTY COMBINED HEALTH DISTRICT NEWSLETTER

## 911 Special-Needs Registry

The Trumbull County Commissioners and 9-1-1 Director, Ernest Cook, have recently launched a voluntary special needs registry that will help first respondents to better assist in emergency situations. A matter of minutes and even seconds can make the difference between life and death. Many people may need extra help during a time of emergency, including people who use life support such as oxygen, respirator, ventilator, dialysis, pacemaker, insulin; have mobility disabilities; are visually or hearing impaired; have speech, cognitive, developmental or mental health issues; or use assistive animals or prosthesis.

### People can attain the Special Needs Registry Form at:

[www.trumbull911.co.trumbull.oh.us](http://www.trumbull911.co.trumbull.oh.us) (under the "Special Needs" tab)

[www.tchd.org](http://www.tchd.org)

Email: [erdivies@co.trumbull.oh.us](mailto:erdivies@co.trumbull.oh.us)

## Trumbull County MetroParks

Although the existing phases of the Western Reserve Greenway (WGR) have been around since 2004, the effort to develop the trail began in 1989 with a committee of citizens and park experts. The committee formed into the Great Ohio-Lake-To-River Coalition which meets quarterly and collaborates to solve problems and share information. Though the process of laying pathway can be quick, the efforts to attain funds necessary can be daunting. Initially funding for the Trumbull County portion of the Western Reserve Greenway was difficult.

In later years with changing political priorities and partnerships adequate monies were secured for development. In 1997 MetroParks entered into a 15 year lease to attain 153 acres of the former Penn Central 714 rail right of way. The first phase of approximately 8.3 miles of 10 foot wide asphalt trail opened on November 10, 2003.

The second phase which extended 6.3 miles north to the Ashtabula County line opened on November 10, 2004. Phase III opened officially in 2014. The WRG has been the MetroParks most successful project yet. The trail has historical locations, and people are urged to use several modes of transportation, including horses along the trail. Members of the MetroParks Bike Patrol volunteer time to help visitors on the trail. Signage notifies visitors of intersecting public roads, and benches are available along the entire route.

Maintaining the multi-million dollar trail can be daunting at times. The Trumbull County MetroParks continues to administer the development, grant writing, and management phases of Phase IV on behalf of the Trumbull County Commissioners. Construction of the trail is anticipated 2020. The Warren Bikeway was completed in 2013 and uses abandoned rail rights, city streets, and underutilized properties in eastern Warren. The city of Niles has a 4 mile trail completed in 2012.

The World of Wildlife Bicycle Tour takes place yearly on the Western Reserve Greenway bike trail. Participants ride 20, 40, or 69 miles routes which pass through sections of wetlands and home to wildlife. Ride proceeds benefit the Trumbull County portion of the Western Reserve Greenway Phase Four, the section to be completed between Warren and Niles. Since the first ride in 2005, more than \$76,000 has been raised.

The Creating Healthy Communities Coalition work to increase/improve opportunities for physical activity within the community. The bike trail is a great place for individuals and families to get out and enjoy the weather, get some exercise and have fun. The best part is that it is free! In 2016 CHC Intern, Michael Helco, evaluated the bicycle/pedestrian infrastructure in Warren. Road and sidewalk conditions, daily pedestrian traffic, safety, lighting and other variables were considered as part of the evaluation. Recommendations from the evaluation include more lighting, more bike racks, safer road conditions and cleaner paths. Improving this infrastructure will encourage more community members to use the bike paths. In the 2018 grant year, CHC will be working with community stakeholders to make some of the suggested improvements.

To learn more about CHC and their community projects, contact Jenna Amerine at the Trumbull County Combined Health District, 330-675-7807 or [heamerine@co.trumbull.oh.us](mailto:heamerine@co.trumbull.oh.us).



Public Health  
Prevent. Promote. Protect.

## Making Kids Count

The Trumbull County Combined Health District is proud to partner with Making Kids Count, a 501(c)(3) non-profit organization located in Youngstown, dedicated to serving the most vulnerable children in Northeast Ohio. Their mission is to make the lives of children and their families a little brighter by focusing on their individual needs with the help of volunteers. Their programs provide daily essentials and positive emotional experiences to children and their families by boosting confidence and lifting spirits. Through our partnership, we receive things such as diapers, wipes, formula, baby food, Comfort Kits, etc. to distribute to our clients and families. Making Kids Count is funded exclusively by donations, and 100% of donations go directly to their programming. To find out more about Making Kids Count or to make a donation, visit their website at

[www.makingkidscount.org](http://www.makingkidscount.org),

Like them on Facebook at

<https://www.facebook.com/makingkidscount> or follow on

Twitter @MakingKidsCount.



# HAVE A FOOD SAFE SUMMER

While the warmer weather conditions may be ideal for outdoor picnics and barbecues, the summer months typically see a spike in reports of foodborne illness. Make sure your fun in the sun doesn't get cut short by following some simple summer entertaining tips:

**1 in 6**

Approximate number of Americans stricken with food poisoning each year



**128,000**

Estimated annual hospitalizations from foodborne illnesses



**Did You Know?**  
U.S. beef sales are highest during the week of July 4th, when Americans are expected to buy about **\$400 MILLION WORTH OF IT—25% MORE THAN AN AVERAGE WEEK** (according to the National Cattlemen's Beef Association).

## Basic Tips

**CLEAN**

**CLEAN SURFACES, UTENSILS AND HANDS WITH SOAP AND WATER.** If you're at a picnic, bring moist towelettes to use!

Wash all produce under plain running water before eating, cutting or cooking, even if you plan to peel them!

**SEPARATE**

**SEPARATE PLATES AND UTENSILS.** When grilling, use separate plates and utensils for raw and cooked meat and poultry and ready-to-eat foods (like raw vegetables).

**COOK**

**USE A FOOD THERMOMETER.**  
**Burgers: 160°F**

Just because your burger is brown, not pink, doesn't mean it's safe to eat!

**CHILL**

**CHILL RAW AND PREPARED FOODS PROMPTLY** if not consuming after cooking.

Don't leave food at room temperature for longer than two hours (or 1 hour if it's above 90°F). If planning a picnic, perishable food should be kept in an insulated cooler packed with ice or ice packs.

## What Are You Making?

Here are some food safety tips for preparing a few signature summer dishes.

### BARBECUE

Cook all meat and poultry to recommended internal temperatures.

**Burgers: 160°F.**

**Chicken and Turkey: 165°F.**

**Sausage: 160°F.**

**Steaks: 145°F** with a 3-minute rest time.

### FRUIT SALAD

Rinse all produce before peeling or chopping.

Chop all produce with clean knives on cutting boards not used with raw meat to avoid cross-contamination.

### DEVILED EGGS

Refrigerate prepared eggs until they're ready to be served and once out, keep them nestled in ice to keep them cool.

ADDITIONAL SOURCE: CDC



For more summer food safety tips, go to

**FoodSafety.gov**

USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER

The Trumbull County Combined Health District has authority to license and inspect food operations within Trumbull County with the exception of those in Warren City. The purpose of these inspections is to ensure a safe dining experience for our residents. The licensing period runs from March 1 through February 28. To date, we have licensed 883 food operations for the current licensing period.

During the first quarter (March through May), our inspectors completed 357 inspections. The inspectors found 568 violations with 19 being critical. This equates to 1.6 violations per facility. All the critical violations are corrected before the inspection is complete.

Our inspection reports are public record and can be viewed upon request.



**Trumbull County  
Combined Health District**

- Monthly Immunization Clinics
- Children and Adults
- By Appointment Only

**CALL  
330-675-2590, Option #3  
For More Information.**



## Don't Delay, Call Today!

Schedule an appointment **NOW** for your child's shots. Planning ahead increases the chance of getting an appointment **BEFORE** school starts.  
**IF YOU WAIT, IT WILL BE TOO LATE!**

OHIO REQUIRES THE FOLLOWING SHOTS FOR CHILD CARE AND SCHOOL ATTENDANCE:

PRESCHOOL, CHILD CARE, OR HEADSTART	4 DTAP 3 POLIO 1 MMR 3 HEPATITIS B	1 CHICKEN POX 1-4 HIB HEPATITIS A PREVNAIR	ROTATEQ FLU
KINDERGARTEN	5 DTAP 4 POLIO 3 HEPATITIS B 2 MMR 2 CHICKEN POX		
7 <sup>TH</sup> GRADE	REQUIRED: TDAP REQUIRED: <b>MENINGITIS: NEW BEGINNING 2016/17</b> RECOMMENDED: HEPATITIS A, HPV		
12 <sup>TH</sup> GRADE	<b>NEW BEGINNING 2016/17 SCHOOL YEAR</b> REQUIRED: <b>MENINGITIS</b>		

CALL YOUR CHILD'S PHYSICIAN OR YOUR LOCAL HEALTH DEPARTMENT **TODAY!**  
Trumbull County Combined Health District 330-675-2590, #3

## ***DID YOU KNOW...***

The Trumbull County Combined Health District offers adult vaccines, such as Tdap, Zostavax (shingles) and Pneumonia/Prevnar (as well as a few others)? We have contracted with a company called Vaxcare to provide vaccines to adults, age 19 and older. This company will bill your insurance company for eligible vaccines and vaccines determined to be a covered benefit will be administered by us at no charge. Copays and deductibles will be billed directly to you from Vaxcare. Insurance eligibility will be determined when calling for an appointment, and if vaccines are not a covered benefit, a self-pay option will be available.

For more information or to schedule an appointment:

**CALL 330-675-2590 #3.**

**The Ongoing Fentanyl Crisis:**

Trumbull County is seeing an increase in synthetic Fentanyl being added to the Heroin circulating in the county. First, we were informed of Carfentanyl (the animal tranquilizer), and now we are seeing two new forms of Fentanyl: Acryfentanyl and FuranylFentanyl U4770. These were actually discovered in toxicology results of two overdose death victims in the county. The U4770 form is also a component of the drug called "Gray Death." We are currently seeing an increase in Fentanyl over Heroin in those that have lost their battle with this deadly disease. In the deaths that have been reviewed in 2017, so far 32% of those individual were positive for heroin and 64% were positive for some form of Fentanyl as well as other drug combinations. The other 4% were various combinations of drugs such as Cocaine, Benzodiazepams, Alcohol and Oxycodone. So, unfortunately when someone buys drugs on the street today, they truly do not know what they are getting. These drugs tend to be much stronger and more potent than anything we have seen so far and are increasing the need for more doses of Narcan to reverse a person's overdose.

**Trumbull County's Overdose (OD) Epidemic**

Year	OD Deaths	ER Visits for OD
2015	87	949
2016	107	1254
2017 YTD	40 (thru 5/31/17) (+20 Suspected/Not Confirmed)	607 (thru 6/23)

**Project Dawn**

- A community-based overdose education and naloxone distribution program.
- Naloxone is offered free to the public along with education to effectively administer Naloxone in the event of an overdose to **save a life**.
- To receive a free kit and the training, call TCCHD at 330-675-2590, option #3.

Available through funding from TC MHRB and The Trumbull Memorial Health Foundation.

**Treatment Options**

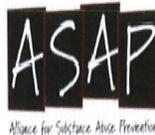
- TC Mental Health and Recovery Board, 330-675-2765
- Coleman Access Center, 330-392-1100

Data collected by the Trumbull County Combined Health District in 2016 shows more than 350 Narcan kits were dispensed by the health department, and "Out of those, we are aware of only 10 kits being used on individuals that had previously received Narcan to reverse their overdoses," said Kathy Parrilla, RN. There is a misconception that the same individuals are being revived over and over. According to the Mental Health and Recovery Board, addiction treatment agencies are staying full, which means people are getting help in recovery.

**Recovery is Possible and People can Recover**

**Safe Drug Disposal**

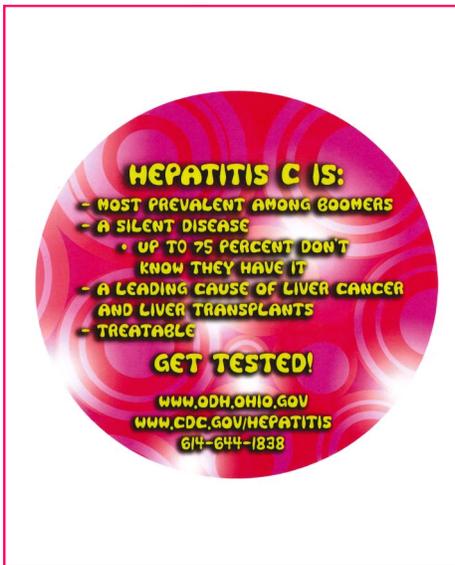
Trumbull County will have a drug drop-off day on Wednesday September 23, 2017 at Trumbull-Geauga Solid Waste management on Enterprise Dr. in Warren from 10:00 am to 6:00pm. Sponsored by:



**THE RISK OF DISEASE RELATED TO SUBSTANCE ABUSE**

Substance abuse drastically increases a user's odds of contracting a life-changing disease like HIV/AIDS, Hepatitis B & C, Tuberculosis, and STD's. Risky behaviors such as sharing needles, reusing drug paraphernalia, and sexual behaviors make for a high potential for disease contraction. Once a habitual drug abuser is infected, diseases progress quickly and can lead to severe illness or death. Drug abuse weakens the body's immune system and makes users more likely to engage in risky behavior, either to attain drugs or while under the influence. Diseases linked to substance abuse are frequently serious and sometimes fatal. Certain drugs are linked to higher rates of disease among users than others. Diseases caused by drug abuse could be a direct result of the drug use or behaviors that occur under the influence. Addiction treatment and community outreach programs that prevent substance abuse and promote safer drug-using habits can be extremely effective in preventing the spread of disease and STD's.

See Trumbull County's drug overdose numbers above and disease numbers on page 5



**Trumbull County  
Chronic Hepatitis C Cases**

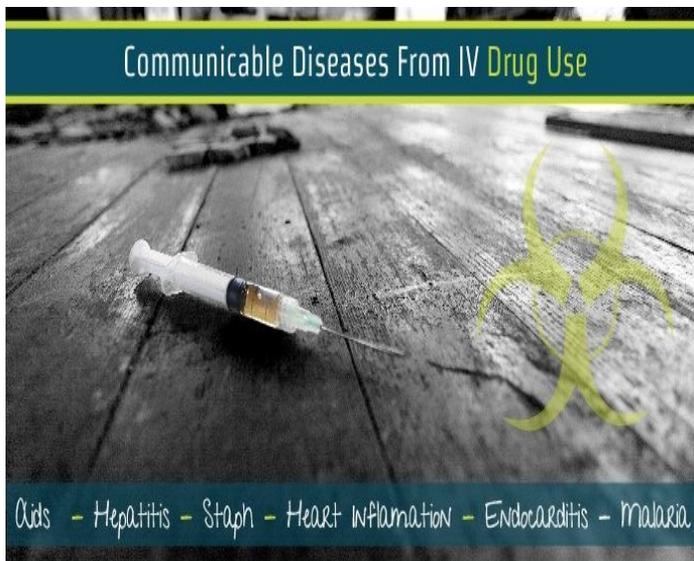
**211% Increase ('13-'16)**

**167 Cases—2013  
520 Cases—2017**

**Chlamydia and Gonorrheal cases in Trumbull County have increased over a 5 yr period.**

Chlamydia rates have increased by 13% from 2013 (833 cases) to 2016 (943 cases)  
 Gonorrheal rates have increased by 52% from 2013 (258 cases) to 2016 (392 cases)

**Needlestick Injuries—A Community Concern**



There are concerns that members of the general public may be at increasing risk of infections from injuries caused by used needles/syringes discarded by persons legally self-injecting medication and disposed needles/syringes that have been found, reused and re-discarded by persons illegally self-injecting addictive substances. These concerns have led to guidelines for safe needle/sharp disposal. Needlestick injuries occur in children from discarded needles in community settings, such as parks and playgrounds. There are a number of ways needlestick injuries can be prevented. First and foremost, increased education in the community is vital. Ohio EPA has information on handling needle/syringes. Children should be taught at a young age about the risks of handling needles and the correct actions to take if they find one. Teach them never to touch a needle/syringe, they may carry diseases. Tell them to let an adult know if they find one. When finding a needle/syringe, do not handle it, or try to bend or break off the needle. Find a hard, puncture proof container, take the container where the needle is found, using gloves or tongues carefully pick it up and place in the container. Secure and seal the lid, and following Ohio law, place the container in the local trash. Wash your hands with soap and water. You can also call your local police department.

**Contact for STD Testing and Information:**

Planned Parenthood at 330-399-5104  
 Warren City Health District at 330-841-2596



September 2017



**Childhood obesity is a major public health problem.**

- Children who have obesity are more likely to have obesity as adults. This can lead to lifelong physical and mental health problems, including diabetes and increased risk of certain cancers.
- Children who have obesity face more bullying and stigma.
- Childhood obesity is influenced by many factors. For some children and families factors include too much time spent in sedentary activities such as television viewing; a lack of bedtime routine leading to too little sleep; a lack of community places to get adequate physical activity; easy access to inexpensive, high calorie snacks and beverages; and/or a lack of access to affordable, healthier foods.

**There are ways parents can help prevent obesity and support healthy growth in children.**

- To help ensure that children have a healthy weight, energy balance is important. To achieve this balance, parents can make sure children get adequate sleep, follow recommendations on daily screen time, take part in regular physical activity, and eat the right amount of calories.
- Parents can substitute higher nutrient, lower calorie foods such as fruit and vegetables in place of foods with higher-calorie ingredients, such as added sugars and solid fats.
- Parents can serve children fruit and vegetables at meals and as snacks.
- Parents can ensure access to water as a no-calorie alternative to sugar-sweetened beverages.
- Parents can help children get the recommended amount of physical activity each day by encouraging them to participate in activities that are age-appropriate and enjoyable. There are a variety of age appropriate aerobic, muscle and bone-strengthening activities that kids can do.

Courtesy of <https://www.cdc.gov/features/childhoodobesity/index.html>



**Mission:** To provide a decrease in childhood obesity in the Mahoning Valley through specific programs targeted to caregivers and children through awareness, prevention and intervention.

**FITNESS CHALLENGE PROGRAM**

**FITNESS COACH (INDIVIDUAL):**

- Individualized assessment of physical activity and nutritional needs
- Personal short-term and long-term goal setting
- Positive lifestyle changes
- Recurring interaction, encouragement and motivation

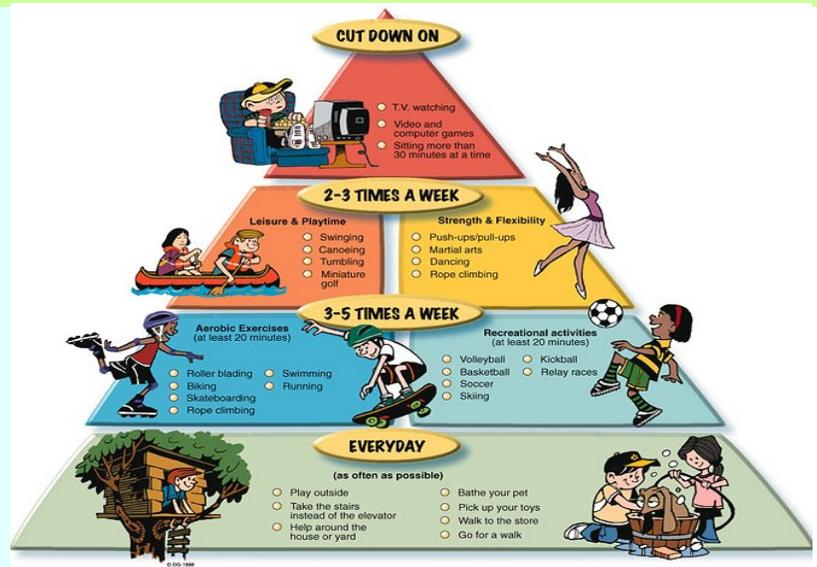
**FITNESS CLUB (GROUP):**

- Engages students in non-judgmental group activities
- Promotes healthy habits
- Increases awareness of an active lifestyle
- Encourages and motivates group to actively participate as a team (TEAMWORK)

The Fitness Challenge program is FREE to students ages 6-18 and requires a registration form available on [www.akronchildrens.org/healthykids](http://www.akronchildrens.org/healthykids). Submit form to Melody Case, Youth Fitness Specialist at Akron Children's Hospital Mahoning Valley Community Outreach, Education and Support Center, Southwoods Executive Centre, 100 DeBartolo Place, Boardman, OH 44512. For more information, please contact Melody Case at [mcase@chmca.org](mailto:mcase@chmca.org) or 330-729-1391.

**2017 FITNESS CLUB SCHEDULE & LOCATIONS**

- Trumbull Family Fitness**  
210 High Street NW, Warren • Phone: 330-394-1565  
July 11 – December 19, 2017  
Tuesdays: 5:00 – 6:00 p.m.
- Salem Community Center**  
1098 North Ellsworth Avenue, Salem • Phone: 330-332-5885  
July 13 – December 21, 2017  
Thursdays: 5:00 – 6:00 p.m.
- The Davis Family YMCA**  
45 McClurg Road, Boardman • Phone: 330-480-5659  
July 17 – December 18, 2017  
Mondays: 5:00 – 6:00 p.m. (1st Monday of each month: 4:15 – 5:00 p.m.)
- Youngstown Central YMCA**  
17 North Champion Street, Youngstown • Phone: 330-744-8411  
July 19 – December 20, 2017  
Wednesdays: 5:30 – 6:30 p.m.



## Ohio Healthy Program (OHP)

**Mission:** To prevent childhood overweight and obesity and promote healthy weight and growth in all children in Ohio, starting with the youngest age group—birth to five years old.

### Certified Centers:

- Offer a different non-fried vegetable everyday.
- Offer a different fruit everyday (not counting juice).
- Offer a whole grain food everyday
- Offer fried foods no more than once a week
- Only offer beverages without any added sugar or sweeteners. If juice is offered, it is 100% juice no more than once a day and limit portion to 4- 6 oz.
- If cereal is offered, it must have 6 grams sugar or less per serving (WIC-approved cereals).
- Do not serve these highly processed meats: corn dogs, hot dogs, frankfurters, bologna, pepperoni, polish sausage, salami, summer sausage, and liverwurst
- Encourage and provide opportunities for physical activity throughout the day.
- Family engagement component.



For More Information Contact Jenna Amerine at 330-675-7807 or Terry Merrick at 330-675-7816

### Trumbull County OHP Daycares/Preschools

- Charlene Harris: Family Child Care Center in Warren, OH
- Learning Express Preschool Center in Warren, OH
- Ashley Dorsey: The Learning Express Pre-School, Inc.
- Lisa Booze: Lisa's Little Angels Daycare
- Dawn Rumble: Lot of Care Daycare
- Crystal Bendel: Tiny Tots Preschool & Daycare, LLC
- Sue Warner: Viking County Childcare



Encourage Healthy Food Choices  
National Childhood Obesity Awareness Month

# OBESITY

## IN INFANTS TO PRESCHOOLERS



**1 IN 3 CHILDREN**  
and adolescents, ages 2-19,

**ARE OVERWEIGHT OR OBESE**

and nearly **NONE** meet healthy diet and physical activity recommendations.

**FACT**

An estimated **12.5 MILLION CHILDREN**, ages 5 years or younger, spend **33 HOURS PER WEEK** in **CHILD CARE SETTINGS** where they may **CONSUME MOST OF THEIR DAILY CALORIES**.

**OBESITY** is linked to **MORE CHRONIC CONDITIONS THAN:**



SMOKING



POVERTY



DRINKING

increasing the **RISK** of more than **20 PREVENTABLE CONDITIONS**, including sleep apnea, asthma, heart disease, Type 2 diabetes, osteoarthritis, high blood pressure and high cholesterol stroke.

## RISK FACTORS

- Children in their early teens who are obese and who have high triglyceride levels have arteries similar to those of 45-year-olds.
- Obese children as young as age 3 show indicators for developing heart disease later in life.
- Children who are overweight from the ages of 7 to 13 may develop heart disease as early as age 25.
- Obese children are twice as likely to die before age 55 than their slimmer peers.

### OBESITY MAY BE PREVENTED BY



PHYSICAL ACTIVITY



GOOD NUTRITION



LESS SCREEN TIME



MORE SLEEP



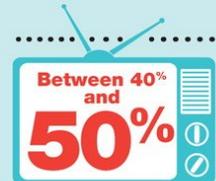
My Heart. My Life.™



**FRENCH FRIES**  
are the most common vegetable that children eat, making up **25%** of their vegetable intake.



**JUICE**  
(which may lack important fiber found in whole fruit) makes up **40%** of children's daily fruit intake.



Between **40%** and **50%**

**OF TODDLERS**, ages 12- to 35-months-old, **watch MORE television** than is recommended.

Nearly **1/2**

**OF PRESCHOOL-AGED CHILDREN DON'T get enough PHYSICAL ACTIVITY.**

The **COST** of obesity in the United States is staggering, totaling about **\$147 billion.**

Children who **EAT HEALTHY FOODS** and **GET DAILY PHYSICAL ACTIVITY** have:

- FEWER SCHOOL ABSENCES
- HIGHER ACADEMIC ACHIEVEMENT
- HIGHER SELF-ESTEEM
- FEWER BEHAVIORAL PROBLEMS



**DEVELOPMENTALLY, BIRTH TO AGE FIVE,** is an important time to **TEACH** children to **PREFER HEALTHY FOODS** and **DEVELOP GROSS MOTOR SKILLS**, setting positive patterns and habits.

[heart.org/healthierkids](http://heart.org/healthierkids)

## August is Breastfeeding Awareness Month

### ***Communities Need to Work Together to Provide Support for Breastfeeding Mothers***

In support of this year's theme, Trumbull County WIC is hosting "The Big Latch On" Event August 4 at 10am at the Trumbull County WIC office, 258 East Market St. Suite 201, Warren, OH 44481. Women gather together to breastfeed and offer peer support to each other. This event is a celebration of breastfeeding moms and the team that supports them. Trumbull County WIC is dedicated to helping clients make and meet their goals for breastfeeding their children. WIC breastfeeding peer helpers all have personal experience with breastfeeding their own children and can share how they made it work for their families. They also have the training needed to answer questions and help moms succeed at breastfeeding. The breastfeeding peer helpers are all Certified Lactation Counselors (CLC). They do yearly trainings to stay up to date on the latest breastfeeding information to help moms get off to a good start with breastfeeding, and answer any questions they have. We also have a full time International Board Certified Lactation Consultant (IBCLC) that leads the breastfeeding team. She has been with WIC for many years and can help with complex breastfeeding situations and conduct breastfeeding assessments.

The American Academy of Pediatrics (AAP) and the World Health Organization (WHO) recommend exclusive breastfeeding for the first six months of life and continued breastfeeding with the addition of appropriate solid food for the first year and beyond. In light of the monetary and lifesaving benefits of breastfeeding, all elements of the community, must cooperate and support breastfeeding. Ultimately, our whole society benefits from having healthier mothers, babies and children when breastfeeding is promoted, protected and supported.

One of the most important things businesses and the community can do is to allow mothers to feel comfortable nursing in public. Hungry babies need to eat and Ohio law (*Section 3781.55 of the Ohio Revised Code*) allows breastfeeding in public. Businesses can show their support by placing the "Breastfeeding Welcome Here" universal sign for breastfeeding in their windows and educate their staffs on the acceptance of breastfeeding in their establishments. They can also encourage their employees and provide a private space (other than a bathroom) to pump. This will increase employee retention and reduce medical costs.

Hospitals can adopt the *Ten Steps to Successful Breastfeeding* as an indication that they are dedicated to supporting new mothers who choose to breastfeed. By eliminating formula gifts to breastfeeding mothers, they send the message that they believe mothers can make enough milk to breastfeed exclusively.

Educational institutions can support breastfeeding by presenting age appropriate education on the anatomy and physiology of the human body. Local county fairs can teach young children about how other mammals feed their young with milk that is made just for them. Child care providers and libraries can also stock children's books that show breastfeeding as a normal part of family life.



Breastfeeding is a personal choice, but communities play a vital role in informing and supporting a mother's decision to breastfeed her baby. Returning our communities back into a breastfeeding supportive culture will take efforts by family, friends, employers, educational institutions, hospitals and businesses.

**For more information** about breastfeeding please call Trumbull County WIC Breastfeeding Support at 330-306-5072. For questions about the WIC program or to schedule your appointment call the Trumbull County WIC office at 330-394-0990 or visit our *Trumbull County WIC* Facebook page.

## Contact Us

176 Chestnut Ave. NE  
Warren, OH 44483

Phone: 330-675-2489  
Fax: 330-675-2494  
health@co.trumbull.oh.us  
[www.tcchd.org](http://www.tcchd.org)



Public Health  
Prevention • Promotion • Protection

[www.facebook.com/trumbullpublichealth](https://www.facebook.com/trumbullpublichealth)

facebook

twitter

[https://twitter.com/trumbull\\_health](https://twitter.com/trumbull_health)

## BOARD MEETINGS

Board of Health meetings are held the 4th Wednesday of the month at 1:30pm at the Trumbull County Combined Health District.

*All meetings are open to the public.*



### Summer Market

Saturdays, 6/10 to 10/21  
9am - 1pm  
8204 E. Market St, Warren

### Summer Market at Bolindale Park

Every 2nd & 4th Thursday, 7/13 to 9/28  
3pm - 6pm



### Summer Market

Tuesdays, June - October  
3pm - 6pm  
Downtown Warren, Courthouse Square

### Pop-Up Market

1st Friday, July, September - October  
2nd Friday, August  
3pm - 6pm  
Quinby Park

# "Building a Healthy Community"

## Trumbull County Combined Health District

### Mission, Values & Vision Statements

#### Mission Statement

*We are committed to protect and promote the health and well-being of our community and prevent disease, disparity and harm to our residents. This is accomplished by responding promptly to serve the needs of the public in a professional and respectful manner with emphasis on public health education and outreach.*

#### Vision Statement

*The effective exchange, collaboration and communication of ideas and thoughts with all internal and external stakeholders will enhance our policies, procedures and programs. This along with the promotion of our public health services will eliminate disparities and have a stunning effect on our community.*

### Employee of the Month

#### June 2017—Dan Dean



We appreciate the effort and time that Dan has put into his duties as our IT Specialist over the past 16 years. Dan interacts well with his fellow staff members, and is always willing to lend a helping hand. Dan started at the health district as our network computer systems/data/media coordinator; he has a Master's Degree in Business Administration, and in 2004 took on the duties of fiscal officer for the grant programs.

#### May 2017—Nikki Garrison



We appreciate the effort and time that Nikki has put into her duties as a Family Service Coordinator over the past 8 (almost 9) years. Nikki interacts well with her fellow staff members, treats everyone with respect, and is always willing to lend a helping hand. Nikki understands that relationships are necessary to improve public health, and when the health district was awarded the ODH Tobacco Youth Grant, Nikki was instrumental in re-starting the Stand Group, and worked closely with school students and the sheriff's department in addressing underage tobacco use and underage tobacco sales in Trumbull County.

#### April 2017—Kathy Parrilla



We appreciate the effort and time that Kathy has put into her job over the past 4 (almost 5) years. Kathy interacts well with her fellow staff members, treats everyone with respect, and is always willing to lend a helping hand. Kathy understands that relationships are necessary to improve public health, and over the past few years, has helped the health district in obtaining funding for the Project DAWN program, working closely with county agencies and law officials in addressing the opioid epidemic in Trumbull County.

Both the Howland and Warren Farmers Markets will be accepting the Senior Nutrition Program and WIC vouchers. Each market has been working with community organizations to provide these market incentive programs. For low-income senior citizens interested in the program reach out to our local Area Agency on Aging 11 to find out more information and eligibility rules visit <http://www.aaa11.org/senior-farmers-market.html>.

WIC Vouchers for the Farmers Market will begin the 3rd week of July at both Farmers Markets. For more information on how to receive and use the WIC vouchers visit <http://trumbullwic.weebly.com/>.