



District Board Of Health

Protecting and Promoting Public Health Since 1920

“A Report on the Health of the District in 1998”

New Mothers to Get Home Visits

Becoming a parent for the first time can be one of the most joyful experiences and at the same time one of the most stressful events a person will experience. Caring for a tiny person whose only way of communicating is through crying, spitting and filling his or her diaper can be a formidable task. Thanks to the Ohio Family and Children First Initiative, all first-time and teen parents are now eligible to receive a home visit from a registered nurse after mother and baby have been discharged from the hospital. “Our *Welcome Home* Program links first-time parents, teen parents and their families with community services that support Mahoning County’s efforts to achieve community health objectives for child immunization, access to primary care, promotion of breastfeeding and prevention of unintended pregnancies,” according to Linda Ewing, deputy director of nursing.

The District Board of Health and city boards of health in Mahoning County, have formed a partnership with four private home health agencies to create this home visitation program that will reach up to 661 new mothers, their newborn infants and their families. This total represents approximately 42 percent of all births in Mahoning

County. After delivery at one of the area hospitals, families will be able to choose one of the participating home visitation agencies from a provider list before mother and baby are discharged from the hospital. A registered nurse from the agency will visit the family within one week after mother and baby return home. A home visit soon after discharge provides an opportunity for the nurse to reinforce what the new parents have learned about infant care, to provide breastfeeding support, and to answer the many questions that new parents have. The visit will also assure that newborns are linked to a medical home for their first well baby visit and that the families who are without health care coverage can apply for children’s health insurance. The nurse will also bring information about other community services like the WIC nutrition program, well-baby clinics, developmental screening and other services tailored to the family’s needs.

The *Welcome Home* Program, beginning January 1, 1999, is free to all first-time parents and teen parents regardless of insurance coverage or income.



BOYS	1997 5 most popular names:	GIRLS
Jacob		Taylor
Matthew		Emily
Michael		Sarah
Nicholas		Samantha
Joseph		Alexis

Board of Health Sees Progress in Preventing Water Pollution

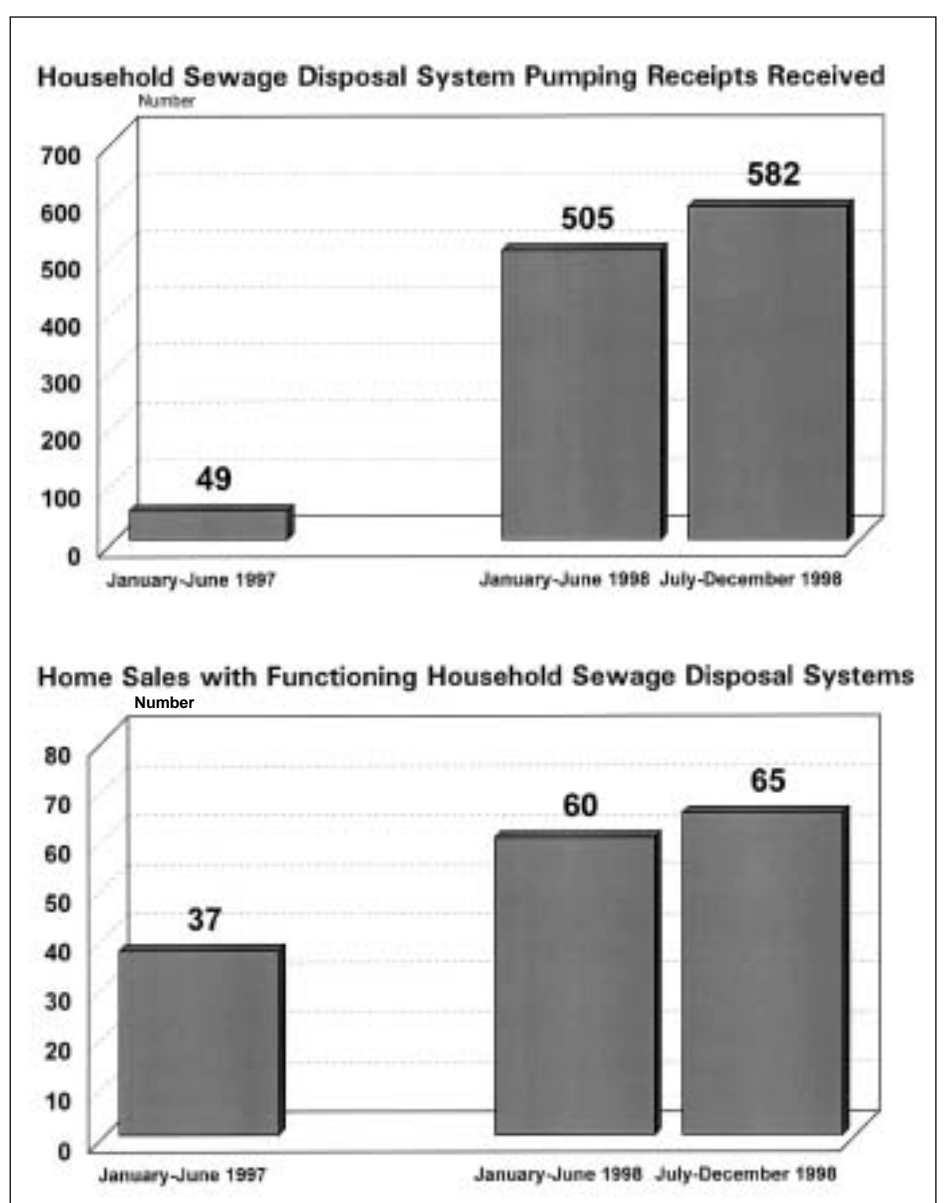
More homeowners are maintaining their septic systems and fewer wells are contaminated with bacteria, according to a report issued by Mahoning County health commissioner Matthew Stefanak. The report presented to the Board of Health in August 1998, compares 1998 statistics with data collected in early 1997 - before the Board of Health enacted changes to its household sewage disposal system regulations in an effort to stem widespread pollution of ground and surface water in the County.

Stefanak cited several highlights in the report:

- the number of septic systems pumped increased from 49 in the first six months of 1997 to 505 in 1998 after postcard reminders were mailed to 15,000 homeowners
- the number of septic systems inspections for mortgage lenders increased from 54 in the first six months of 1997 to 146 in 1998 after the Board of Health made the inspections mandatory
- sanitarians at the Board of Health began inspecting new aeration systems annually and monitoring the quality of wastewater discharged from these units
- for homes sold with private wells, the percentage safe for drinking increased from 61 percent in 1997 to 93 percent in 1998

“This last figure is the most important, because the goal of regulating septic systems is to make sure we have safe drinking water,” Stefanak said. He also noted that more than \$50,000 in lower interest home loans for septic system replacements were awarded by local banks to 11 homeowners in 1998 through a loan program created by the Board of Health and Ohio EPA.

Health officials have estimated that more than 25 percent of Ohio’s one million septic systems are malfunctioning, discharging millions of gallons of untreated sewage into ponds, lakes and ditches every day.



Board of Health Recommends Screening Child Day Care for Lead Hazards

Many child day care providers in Mahoning County will soon undergo lead inspections and get help in making their facilities lead-safe for children. The Mahoning County Department of Human Services has accepted Board of Health recommendations that all family day care homes have their facilities inspected and made lead-safe prior to being certified by the agency. There are currently 164 family day care providers certified in Mahoning County.

The Board of Health's childhood lead poisoning prevention program has reported that many family day care homes are located in neighborhoods at high risk for child lead poisoning. Homes built in the 1970's or before are likely to contain lead paint, the major source of lead exposure for children. Lead paint for residential use was banned by the federal government in 1978.

The lead poisoning prevention program maintains a registry containing the names and addresses of hundreds of young children with elevated blood lead levels. Board of health staff found that several of the County's family day care homes had already been inspected for lead hazards and corrections had been ordered.






"This is an excellent opportunity for us to find lead poisoned children who have fallen through the cracks and provide lead poisoning prevention education to day care providers," said Joseph Diorio, director of the Board of Health's lead poisoning prevention program.

Family day care providers with hazardous levels of lead paint and dust in their facilities may qualify for financial assistance from a \$4.3 million federally-funded lead hazard control program administered by Mahoning County commissioners.

Healthy Valley Announces Plan to Target Major Health Problems

Alliance of organizations formed to seek health improvements

Prioritizing the many health problems in a community isn't an easy task, but the *Healthy Valley* Commission for Community Health finished up a two-year study and announced its top health priorities in May 1998. The community health plan - Mahoning County's first - targets five areas for improvement:

-  • reducing the number of violent deaths in Mahoning County, particularly among persons between the ages of 15 and 24.
-  • reducing the incidence of tobacco, alcohol and other drug use by persons under the age of 18.
-  • increasing the proportion of persons who regularly seek physical exams, including mammograms, pap smears, prostate and colorectal cancer screening, and cholesterol screening.
-  • increasing the proportion of people age six and older who engage regularly in light to moderate physical activity.
-  • reducing the proportion of pregnancies that are unintended.

Most of these health problems are interrelated, noted Jane Warga, director of health assessment for the Board of Health. "The link between drug and alcohol use and violent behavior is an example that shows the need to address some of the underlying social causes of ill health," she said.

Area health organizations have formed an alliance with other community groups to enact some of the measures called for in the Commission plan. *Healthy Valley* Alliance Council executives hope to encourage and support the coordination of community initiatives that will lead to measurable improvements in the five priority areas. The Alliance expects to publish its first progress "report card" in 1999.

HEALTHY VALLEY ALLIANCE COUNCIL MEMBERS

District Board of Health
Forum Health
GM/UAW/IUE Health Care Initiatives
HM Health Services
Interfaith Home Maintenance
Lake to River Health Care Coalition
Leadership Mahoning Valley
Mahoning County Alcohol & Drug Addiction Services Board

Mahoning County Medical Society
Planned Parenthood of Mahoning Valley
Youngstown Board of Health
Youngstown City Schools
Youngstown Community Health Center
Youngstown/Mahoning Valley United Way
Youngstown State University

Site chosen for Board of Health Laboratory

More testing services to be available at new location

The District Board of Health has chosen a location near its Austintown campus for its new environmental monitoring laboratory. The new laboratory will allow the Board of Health to test for a wide range of water and soil contaminants. The laboratory at 116 Westchester Drive in Austintown is expected to open for business in the spring of 1999.

The Board of Health relocated its main offices to 50 Westchester Drive, along with the Mahoning County Planning Commission and Building Departments in 1998. The new site will place the laboratory in close proximity to the Board of Health's main offices.

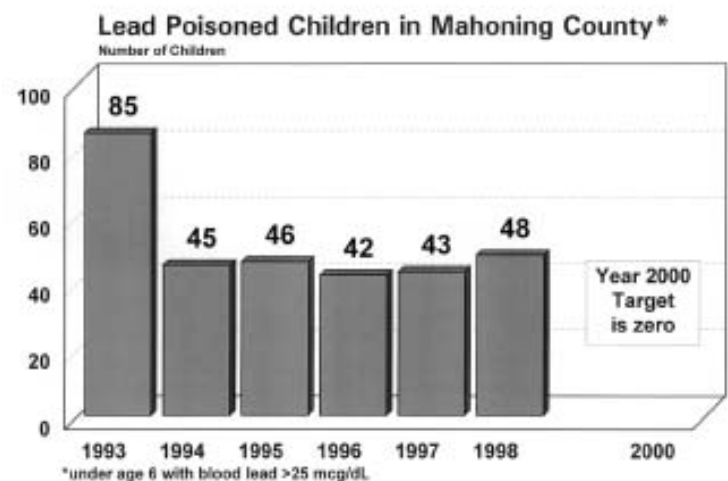
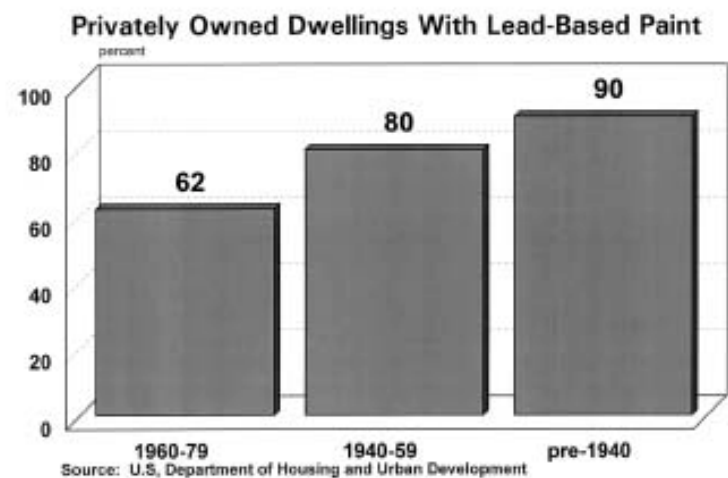
The Board of Health's laboratory services

division, created in 1993, was originally designed to offer free ground water testing to hundreds of Mahoning County residents with homes bordering the county's five landfills.

The Ohio EPA recommends that you flush your water tap for 1 to 2 minutes prior to use for drinking.

The laboratory services division also oversees a comprehensive ground water monitoring surveillance program that collects water quality data from state and local sources.

Currently, the laboratory has the capability to test for inorganic compounds in soil, ground water, and drinking water. The new lab will have these same capabilities plus the ability to test for toxic organic compounds and microbiological compounds. "The new state-of-the-art 4,500 square foot laboratory will provide the needed space to perform this additional testing," said Lee Benson, laboratory services director.



District Board of Health MISSION

The District Board of Health exists to promote and protect the health of individuals and communities within Mahoning County. The Board of Health and staff pursue the goal of healthy people in healthy communities by working to fulfill these core public health functions:

- ◆ prevent epidemics
- ◆ protect the environment, the air, food, water, and housing
- ◆ promote healthy behaviors
- ◆ monitor the health status of the community
- ◆ mobilize community action for health
- ◆ respond to disasters
- ◆ assure the accessibility of medical care
- ◆ reach out to link high risk disadvantaged persons to needed services
- ◆ provide medical care when needed
- ◆ train health workers skilled in health promotion and disease prevention
- ◆ research innovative solutions to public health problems
- ◆ lead the development of sound health policy and planning

Early Prenatal Care Urged for All Pregnant Women

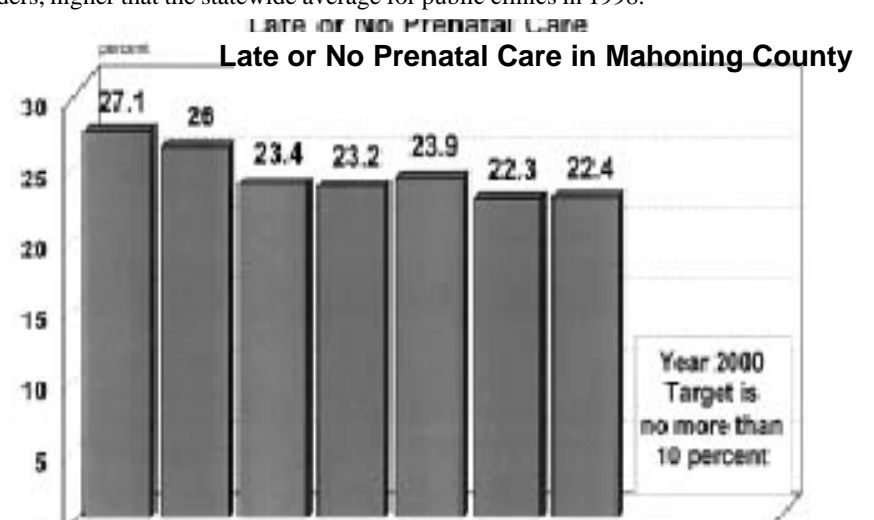
Lack of health insurance no longer a barrier

Numerous medical studies have shown that women who begin prenatal care in the first trimester of pregnancy are more likely to deliver full-term, healthy infants. In 1997, over 22 percent - one in five - pregnant women sought prenatal care in their fourth month of pregnancy or later in Mahoning County.

One reason a woman delays prenatal care may be because she does not have health insurance, according to Diana Colaianni director of nursing at the Board of Health. "The cost of doctors visits, sonograms, bloodwork and a hospital delivery can be a tremendous strain on the budget of a woman or a family that does not have maternity care benefits. Prenatal care is often postponed or eliminated so that family funds can pay for the hospital delivery," she said. Community clinics do provide prenatal care at reduced cost or on a sliding fee scale payment schedule. Women attending these clinics made less than three visits per client during the course of their pregnancies in 1995, while medical experts recommend at least nine visits.

The Board of Health introduced a prenatal voucher program in 1998 with grant funds from the Ohio Department of Health to try to improve the quality of prenatal care. Uninsured women, with family income too high to qualify them for Medicaid, have the choice of a private obstetrician or nurse midwife to provide prenatal care. Giving uninsured women the opportunity to choose among prenatal providers makes it easier for them to schedule their appointments and provides them with continuity of care throughout their pregnancy and delivery, Colaianni said.

Three obstetricians and two nurse midwives practices are currently participating in the prenatal voucher program. Since the program began the average number of prenatal visits has increased significantly from less than three visits to over six visits for women who chose their own providers, higher than the statewide average for public clinics in 1998.



“Virtual” Permit Center Opens On-Line

People who want to build a new home or child day care center in Mahoning County may now find it easier to deal with government bureaucracy by using a new Board of Health internet web site, according to environmental health director Jim Shaheen.

With grant support from the Ohio Board of Building Standards, the Board of Health has added “Starter Kits” for new home builders and child day care operators to its World Wide Web site. These starter kits contain road maps through the permitting process with internet links that will allow web site visitors to request permits, licenses and inspections from the Board of Health, Building Inspection Department, Sanitary Engineering Department and many townships, village and city zoning and fire departments. “Our goal is to someday enable the customer to make application for all necessary permits to build a home without ever leaving their office or home,” Shaheen said.

The state grant also helped the Board of Health design a “one-stop shopping center” at its new Austintown location for builders seeking inspections and permits in person from the Board of Health, Building Inspection Department, and Planning Commission.



Board Of Health Requires Training For Tattoo Artists

Tattoos growing in popularity with youth

The Board of Health has made changes in its two-year-old tattoo establishment inspection program to bring it into conformity with new State rules. The program has also been expanded to include licensing of body piercing establishments, said Rick Setty, deputy director of environmental health.

Tattooing was unregulated in Mahoning County before 1997, Setty said. His staff worked with tattoo artists to create a model inspection program that was enacted by the Board of Health in 1997. The regulations set minimum safety and sanitation standards and required tattoo parlors to obtain licenses from the Board of Health.

The 1998 changes will require all tattoo artists to complete at least one educational course each year on first aid, prevention of

bloodborne disease, and caring for new tattoos. Individual tattoo artists, as well as their businesses, will now have to register with the Board of Health, Setty said.

Seven tattoo establishments in the health district are currently licensed. Beginning in 1999, all businesses performing body piercing - except those that only pierce ears - will be licensed. Setty expects to inspect each of them at least twice a year.

Body art - both tattooing and piercing - is growing in popularity with many youth. Setty hopes to cut down on the number of underage youth getting tattoos without parental consent with his inspection program and by presenting educational programs to middle and high school students.

Cigarette Smoking During Pregnancy and Low Birth Weight Babies

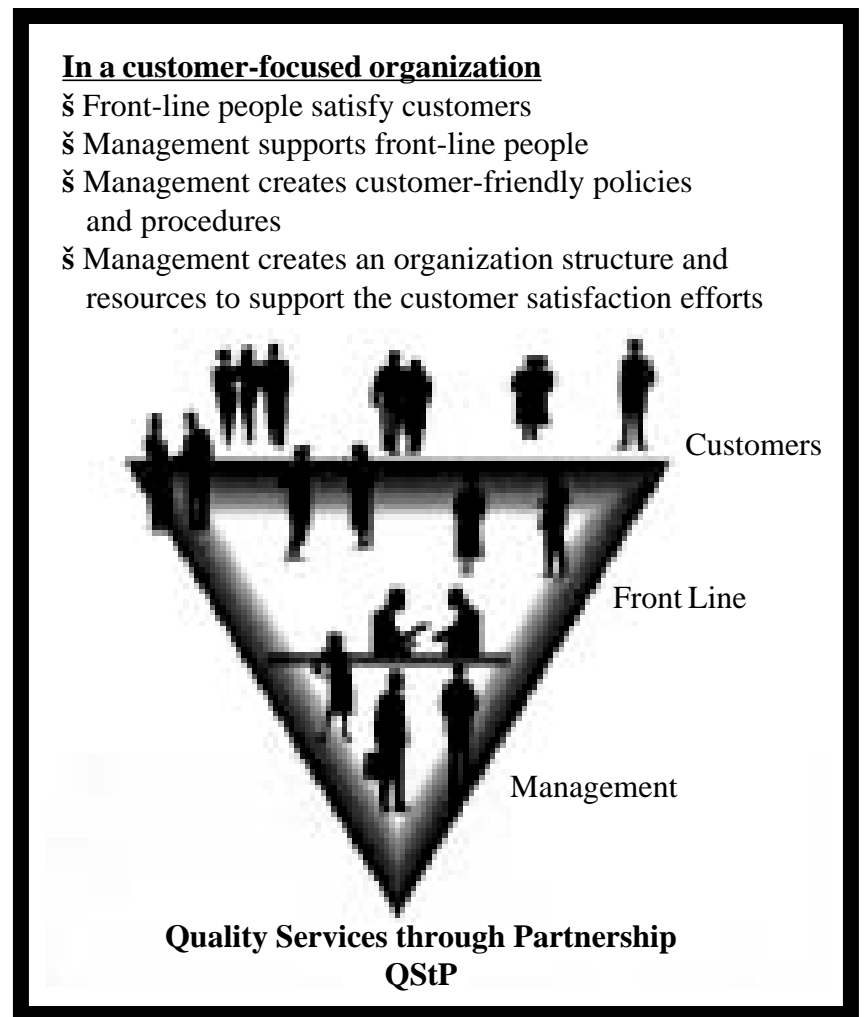
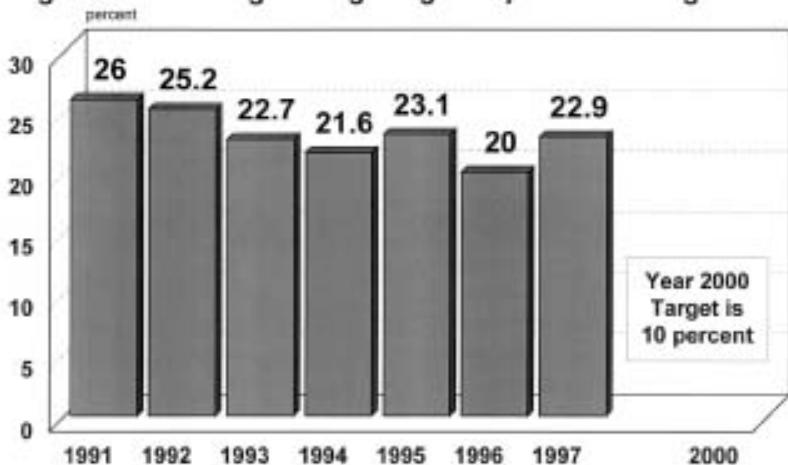
Low birth weight (less than 2,500 grams or 5.5 pounds) is a significant contributor to health and developmental problems in newborns and a leading risk factor for infant deaths. A number of medical studies have linked low birth weight and preterm (premature) deliveries to cigarette smoking during pregnancy. Some recent studies have also linked tobacco use to an increased risk of spontaneous abortion.

By analyzing information found on birth certificates, health assessment unit staff at the Board of Health were able to estimate the proportion of low birth weight deliveries in Mahoning County attributable to cigarette smoking during pregnancy in 1996. Twenty percent of women in Mahoning County smoked during pregnancy, down from previous years.

Among the 613 women who smoked during pregnancy in 1996, the rate of low birth weight deliveries was 12.4 percent. Among nonsmokers, this rate was only 7.2 percent. Women who smoked during pregnancy were 1.8 times more likely to deliver a low birth weight baby. The proportion of all low birth weight deliveries attributed to smoking during pregnancy in 1996 was 13.3 percent. “This means that about 34 of the 254 low birth weight deliveries to Mahoning County residents - almost one in six - were due to this entirely preventable risk factor,” according to study co-author Tracy Styka.

Smoking may be the single most important preventable risk factor for low birth weight, according to health commissioner Matthew Stefanak. Community organizations providing services to pregnant women should make sure that information about the risk of smoking during pregnancy and help to quit smoking are available to all women, Stefanak said.

Cigarette Smoking During Pregnancy in Mahoning County



Food-Related Illnesses Prompt Health Officials to Step Up Surveillance

Officials use scientific process improvement methods to improve “early-warning system for outbreaks”

A growing number of tainted food recalls and food-related disease reports has prompted food protection officials at the Board of Health to review their procedures for detecting and investigating disease outbreaks. Using a continuous quality improvement process known as QStP (Quality Services through Partnership) borrowed from state government, the Board of Health has put together a process improvement team of food protection experts and other agency staff. The team has come up with a faster process of investigating food-related illnesses that relies on physicians and hospital personnel to alert health officials about suspicious cases and help identify the source of illness.

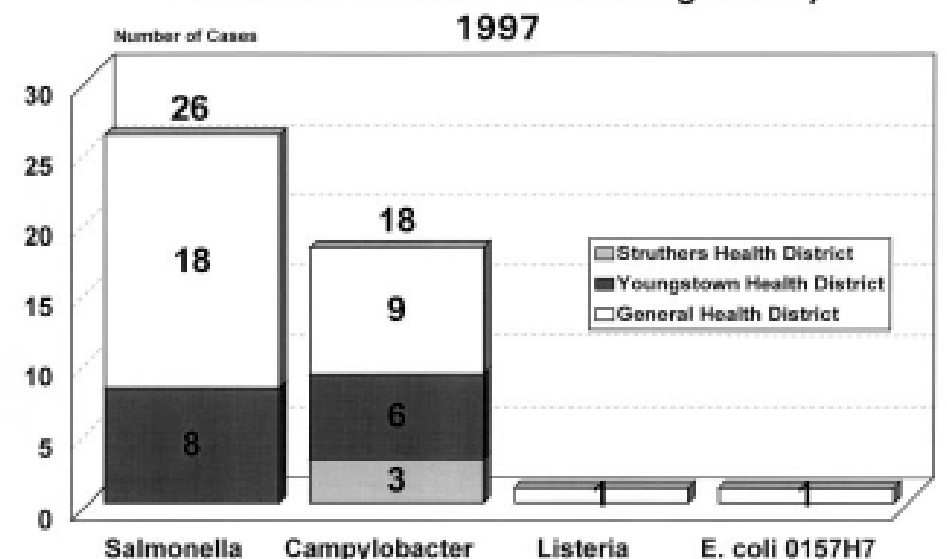
“The continuous quality improvement process helped us to pinpoint the inefficiencies in the current process,” said Eleanor Cegan, food protection sanitarian and team leader.

As a result of the team’s work:

- food-related complaints require fewer trips to the restaurant by the sanitarian thanks to a stricter definition of an “outbreak”
- posters and notices were sent to physicians and emergency rooms to alert them to the importance of collecting laboratory samples and reporting suspect cases to the Board of Health
- a communication network was set up between the food protection sanitarians and public health nurses at the Board of Health - the two disciplines responsible for investigating outbreaks

The QStP continuous quality improvement process has been used in other Board of Health programs to improve customer service and solve problems. Quality improvement teams are working on streamlining the regulatory approval process for homebuilders, speeding up the public health response to community emergencies, and making the Board of Health’s automated phone system more user-

Foodborne Illnesses in Mahoning County



District Board of Health Officers & Employees

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Dolores Bennett, Secretary

Board of Health

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Donald Somers, Vice President
Stephanie Dewar, MD
Margot Baird, RN
Kenneth Zinz

Health Commissioner

Matthew A. Stefanak, MPH

Medical Director

Brian S. Gordon, MD

**ENVIRONMENTAL
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Karen Ahrendt, RS, Sanitarian
Eleanor Cegan, RS, Sanitarian
Richard Curl, RS, Sanitarian
John Hallas, RS, Sanitarian
Kimberly Hobbs, RS, Sanitarian
Christine McElhaney, RS, Sanitarian
Lori Navarra, RS, Sanitarian
Joseph Pink, RS, Sanitarian
Anthony Veitz, SIT, Sanitarian
Solid Waste Inspection Program
Richard Setty, RS, Deputy Director of

Environmental Health and Chief
David Fetchko, RS, Sanitarian
Angelo Italiano, MA, RS, Sanitarian
Mary Helen Smith, RS, Sanitarian
Plumbing Inspection Program
Paul Cramer, RS, CPI,
Deputy Director of
Environmental Health
and Supervisor
Howard Faison, RS, CPI,
Plumbing Inspector
Ronald Neff, RS, CPI,
Plumbing Inspector

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DIVISION**

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Candice Barnhart, RS
Ralph Widger
Lori Nestor, Secretary

**HEALTH EDUCATION AND
ASSESSMENT UNIT**

Jane Wurga, MEd, CHES, Director
Tracy Styka, MS,
Health Education Specialist

NURSING DIVISION

Diana Colaianni, MSN, RN, Director
Linda Ewing, MSN, RN, CPNP,
Deputy Director of
Nursing for Clinical Services
Martina Borden, RN,
Public Health Nurse
Jolene Booher, RN,
Adult Day Services Nurse
Cynthia Bracaglia, Medical Technician
Christopher Cunningham, RN,
Public Health Nurse
William Michael, Van Driver,
Adult Day Services
Joyce Naymick, Activities Coordinator,
Adult Day Services
Laura Scalise, Secretary
Carol Komar-Vadino, MSN, RN,
Public Health Nurse
Grayce Vuksta, Clerk
Denise Walters, RN, Public Health
Nurse

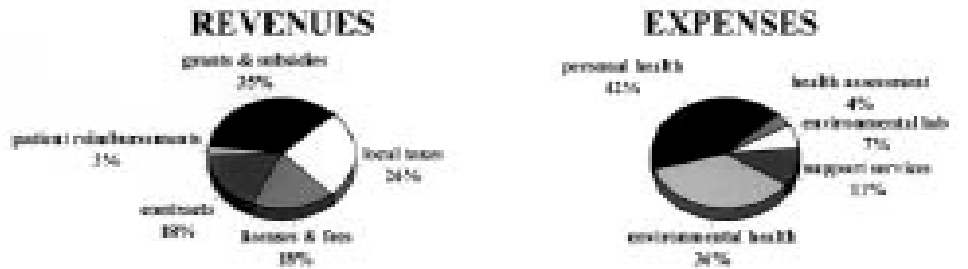
Lead Poisoning Prevention Program

Joseph Diorio, MS, RS, Director,
Catherine Harvey, RN, RS
Pediatric Coordinator
Kimberly Herrmann, MEd, CHES,
Outreach Educator
Stefano Napolitano, SIT, Sanitarian
Michael Rogich, SIT, Sanitarian
Rosemary Totterdale,
Data Entry Operator
Wesley Vins, SIT, Sanitarian
Tuberculosis Elimination Program
Shawn Hunter Little, TB Registrar
Joan Williams, RN, Outreach Nurse
Tuberculosis Control Officer
Robert DeMarco, MD

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RESOURCES DIVISION**

Edward Janik, CPA, Director
Ronald Harvischak,
Grants Fiscal Manager
Beverly Mohn,
Grants Fiscal Manager
Mary Moore,
Grants Fiscal Manager
Patricia Murphy,
Fiscal/Personnel Officer
Kathleen Svasta,
Administrative Assistant
Michele Olin, Officer Manager
Eloise Large, Account Clerk I
Tina Marie Schneider,
Data Entry Operator
Linda Zmith, Secretary

1998 Financial Statement



REVENUES

LOCAL REVENUES

Local Taxes: Inside Millage and Tuberculosis Levy	\$769,493
Contracts with Governmental Agencies	539,488
Environmental Health License, Registration, and Permit Fees	549,784
Personal Health Services Patient Fees	82,577
Laboratory Services Fees	73,857
Miscellaneous Revenues	4,508

SUB-TOTAL LOCAL REVENUES

\$2,019,707

STATE AND FEDERAL REVENUES

Ohio Department of Health Funded Grants	
State Funded Dollars Include:	\$485,120
Child and Family Health Services Block Grant	
Rabies Prevention Grant	
Federal Funded Dollars Include:	253,956
Childhood Lead Poisoning Prevention Program	
Lead Regional Resource Center Grant	
Preventive Health and Health Services Grant	
WIC Program	
Medicaid/ Medicare Reimbursement for Services	59,050
Other State and Federal Dollars Include:	203,919
Adult Day Care Grant - Area Agency on Aging	
Home Injury Grant - Area Agency on Aging	
Septic System Grant - Ohio EPA	
Facilities Services Grant - Dept. of Education	
H.U.D. Lead Abatement Grant	
Homestead and Rollback Reduction Funds	
State Subsidy	55,695

SUB-TOTAL STATE AND FEDERAL REVENUES

1,057,740

TOTAL REVENUES

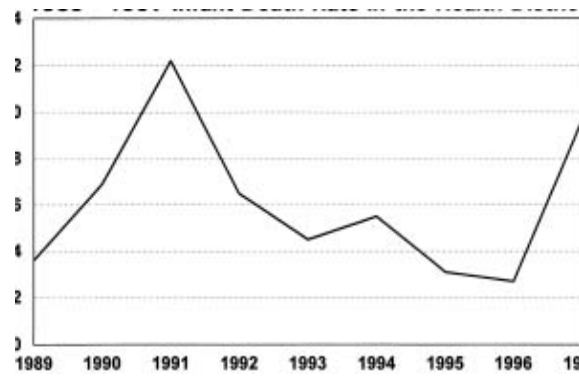
\$3,077,447

EXPENDITURES

	FEDERAL/STATE	LOCAL	TOTALS
Personal Health Services	\$779,192	\$512,594	\$1,291,786
Environmental Health Services	194,117	915,065	1,109,182
Administrative & Support Services	16,512	341,698	358,210
Laboratory Service	-	210,215	210,215
Health Education and Assessment	47,410	70,989	118,399
TOTAL EXPENDITURES	\$1,037,231	\$2,050,561	\$3,087,792

THIS IS AN UNAUDITED FINANCIAL STATEMENT

Health District Report Card
Mahoning County Townships, Villages, and City of Canfield



1997 Births

	Live Births	Births to Low Birth-weight Births*	School-Age Teens (15-17)
Townships & Villages	1379	103	33
Canfield	57	4	0
Total	1436	107	33

*less than 2,500 grams or 5.5 pounds

1997 MATERNAL HEALTH FACTS

Births every day	4
Births in a hospital	99.4%
Saint Elizabeth Health Center	50.7%
Forum Health Northside	31.0%
Youngstown Osteopathic	2.5%
Entered prenatal care during 1st trimester	87.5%
Did not use alcohol during pregnancy	99.0%
Did not smoke during pregnancy	81.2%

1997 LEADING CAUSES OF DEATH

Causes of Death	Number	Health District Rate*	Ohio Rate*
Heart Disease	534	363.9	315.3
Cancer	398	271.2	230.2
Stroke	118	80.4	71.7
Lung Disease	79	53.8	49.3
Influenza/Pneumonia	59	40.2	32.6
Diabetes	50	34.1	33.5
Accidents	38	25.9	28.9
Neurologic Disease	38	25.9	23.6
Ill-defined	27	18.4	14.6
Kidney Disease	24	16.4	14.4

*unadjusted rate per 100,000 population

1997 DEATHS

	Infant Deaths	Total Deaths
Townships & Villages	13	1,533
Canfield	1	50
TOTAL	14	1,583

4 deaths occurred every day * nearly 2 heart disease deaths occurred every day * 1 cancer death occurred every day * 1 infant death occurred every 26 days.

1997 COMMUNICABLE DISEASES

Number of Cases	
hepatitis C	71
vancomycin-resistant enterococcus (VRE)	44
invasive streptococcus pneumonia	22
salmonellosis	18
aseptic meningitis	16
giardiasis	13
encephalitis	5
shigellosis	4
hepatitis A	2
invasive group A streptococcal disease	1
hepatitis B	1
E. coli 01567:H7	1
listeriosis	1
cryptosporidiosis	1

Years of Potential Life Lost (YPLL): The number of years a person may have lived if he/she had not died. It is usually calculated from age 65. For example, if a person dies at age 60, the YPLL is 5. If a person dies at age 65, the YPLL is 0.

75 Years Ago... April 15, 1924

The Board of Health petitions the state department of health to investigate the nuisance discharge of sewage and other wastes into open watercourses in East Alliance.

75 Years Ago... June 12, 1924

Responding to concerns about shoddy installation of septic systems and plumbing, the Board of Health adopts emergency regulations requiring plans, inspections, and permits for plumbing and private sewage disposal.

50 Years Ago... November 1, 1949

The Board of Health adopts regulations for "eating and drinking establishments" within the health district. Restaurants will be required to obtain permits and undergo semi-annual inspection beginning in 1951.

25 Years Ago... January 8, 1974

Health commissioner Dr. Douglas Walsh reports that Board of Health nurses will follow-up on accidental poisoning cases treated by the Saint Elizabeth Hospital poison control center.

25 Years Ago... June 4, 1974

The Mahoning County Medical Society asks the Board of Health to investigate the practices of ear-piercing establishments.

**1998 Excellence
in Food Sanitation Award**

DiRusso's Restaurant
464 S. Broad Street Canfield, Ohio 44406



Award recipient was commended for strict adherence to standards for safe food handling, preparation, storage, and cleanliness as established in the Ohio Department of Health Food Service Rules.

The Burden of Tobacco in Ohio*

In January 1999 there were . . .
1,767 tobacco related deaths
5,954 kids addicted
\$299,051,632 in health care costs
\$163,119,074 other related costs
(fires, absenteeism, cleaning cost)
\$19,755,533 spent on tobacco advertising

*From the *Coalition for a Healthier Ohio*