



*News Bites is a monthly e-newsletter for **Healthy Lucas County**, a collaboration of community organizations working to improve the health of all Lucas County residents. If you have an article to share, or if you have any suggestions about the newsletter or questions on updates in this issue, please contact healthylucascounty@hcno.org.*

January 2016

Pathways Enrolls 99 Chronic Disease Clients Through December

The Northwest Ohio Pathways HUB enrolled 99 low-income Lucas County residents with or at risk for chronic diseases as the care coordination system expands beyond infant mortality. Pathways staff coordinate and train community health workers employed at sites throughout Lucas County who help connect low-income residents to needed care and services, as well as track and report on the outcomes.

The chronic disease expansion is part of a Healthy Lucas County project to prevent and manage chronic diseases, one of our five priority areas. The project is partially funded by the Centers for Disease Control and Prevention's Partnerships to Improve Community Health program, and it includes increasing both smoke-free environments and access to healthy food in neighborhood stores.

Of the 99 Pathways chronic disease clients enrolled last year, 64 live in one of the project's six priority low-income ZIP codes: 43604, 43605, 43607, 43608, 43609 and 43620. On average, each of the 99 Pathways clients needed assistance with four

"Pathways," such as obtaining health insurance coverage, smoking cessation and housing.



Diaper Bank Plans Taking Shape

Getting to 1, the Ohio Equity Institute's Lucas County team working to reduce infant mortality, plans to launch a diaper bank to help families in need. Diapers cost an estimated \$900 a year for one child, and Getting to 1 is collecting donations and searching for a location for the diaper bank.

Community health workers and other professionals from home visiting programs - including the Northwest Ohio Pathways HUB, Healthy Start, Help Me Grow and Early Head Start - will be collecting questionnaires from clients to assess community need. Clients will be asked whether a lack of supplies means their babies are in soiled diapers longer than they should be and other questions.

The Toledo Community Foundation, March of Dimes and Orchard Inn all have donated funds for Getting to 1 to buy diapers and wipes. To make a donation or to suggest potential locations to host the diaper bank, please contact Carly at cmiller@hcno.org.

ACS Recognizes Volunteers

The American Cancer Society (ACS) recognized local volunteers and health systems last month at the Toledo-Lucas County Public Library Main Branch.



- Laura Ritzler and ProMedica were recognized with the American Cancer Society "Stay Well" Award for receiving the CEO Cancer Gold Standard Accreditation.
- The University of Toledo Medical Center and Jill Morse were recognized with the American Cancer Society "Get Well" Award for their work on starting the Road to Recovery transportation assistance program in Lucas County.
- Bob Thompson received the American Cancer Society "Find Cures" Award for his dedication and involvement with the ACS National Committee for funding promising cancer research.
- Becky Schindler, ACS Cancer Action Network ACT Lead for Northwest Ohio, received the American Cancer Society "Fight Back" Award for her passion and work with state and federal lawmakers on improving cancer outcomes.

ACS Funded Researcher Dr. Jeanne Stuckey capped off the event by presenting on current advancements in cancer treatments she developed at the University of Michigan and now are in clinical trials.

Pathways Participating in March for Babies on Sunday, April 17

The Northwest Ohio Pathways HUB has formed a team to participate in the March of Dimes March for Babies on Sunday, April 17 at the Huntington Center, and the team's fundraising goal is \$4,000. The March of Dimes uses 76 cents of every dollar raised to fund the research and programs that help to give all babies a healthy start, which fits with Healthy Lucas County's community health priority of reducing infant mortality.

The walk is three miles and starts at 10 a.m., with registration at 8:30 a.m. To register for the Pathways team or to make a donation, [click here](#). If you have any questions, please contact Julie at jmckinnon@hcno.org.

Learn More About Glaucoma

Prevent Blindness and other leading eye health organizations have designated January as National Glaucoma Awareness Month in an effort to help educate people on the incurable disease, including risk factors, treatment options and other resources. Prevent Blindness offers the online "[Glaucoma Learning Center](#)" to provide patients and their caregivers with information.

Glaucoma causes loss of sight by damaging a part of the eye called the optic nerve and affects side vision. Nearly 3 million people who are 40 and older have glaucoma, according to the Prevent Blindness "[Future of Vision: Forecasting the Prevalence and Costs of Vision Problems](#)" report. As the population ages, the number is projected to grow steadily, increasing nearly 50% to 4.3 million by 2032 and by more than 90% to 5.5 million by 2050.

For more information about Prevent Blindness, please visit www.pbohio.org or facebook.com/pbohio.

MARK YOUR CALENDAR

Thursday, January 21

Thursday, February 18

Healthy Lucas County Monthly Meeting

Lucas County EMS Building third floor conference room, 2144 Monroe St., Toledo. Monthly meeting from 8:30 a.m. to 10 a.m. to discuss progress with Healthy Lucas County's 2015-2018 Community Health Improvement Plan.

For More Information

Thursday, February 11

Medicaid Renewal Update

United Way of Greater Toledo Rooms A&B, 424 Jackson St., Toledo. Update on Medicaid renewal and Marketplace enrollment so participants can help their clients and patients. Limited to 80 attendees for each session. RSVP to Alishea at

asutton@hcno.org or 419-842-0800 ext. 142.

For More Information

Saturday, May 14

Toledo's American Heart Association Heart Walk

Huntington Center, 500 Jefferson Ave., Toledo. Join Healthy Lucas County's team and raise \$4,000 for heart disease and stroke research and education, which fits perfectly into our community health priority to decrease chronic diseases among Lucas County residents.

Join Our Team

Looking for new ways to use the staples in your cupboard and add veggies to your diet? Try this Eat Fresh, Live Well healthy corner store recipe.



MARINATED CARROT SALAD

- 2 pounds of mini carrots, cut into bite-size pieces
- 1 small onion, cut into bite-size pieces
- 1 green bell pepper, cut into bite-size pieces
- 1 can tomato soup
- 1 cup sugar
- 1 cup oil
- 3/4 cup vinegar

Cook carrots for 5-7 minutes to soften, although they should be firm and not mushy. Immediately drain and place in a medium-sized plastic or glass bowl. Add onion and green pepper. Mix.

Combine remaining ingredients in a saucepan, and heat on medium for 5 minutes, whisking often. Pour over vegetables, and stir gently. Refrigerate for 12 hours to marinate. Serve cold or at room temperature. Keeps well in refrigerator for up to four days.

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