

SEPTEMBER 2025 - Empowering Health. Elevating Communities

A Message from the Director

September reminds us of the importance of caring for our community's mind, body, and spirit. From suicide prevention, and infant mortality awareness to childhood obesity, each effort helps us build a healthier future. Together let's commit to compassion, prevention, and care.



National Suicide Prevention Awareness Month

Understanding The Challenge:

- Suicide is a complex issue rooted in stressors & untreated mental health concerns.
- Depression, anxiety, and substance use problems, if unaddressed, increase the risk of suicide, especially when combined with overwhelming stress, lack of support systems, or barriers to accessing mental health care.
- Raising awareness helps break stigma, increases support, and connects people with life-saving resources. .

What You Can Do:

- **Start the Conversation:** Talk openly about mental health with friends, family, and coworkers - listening without judgment can save lives.
- **Recognize Warning Signs:** Learn the signs such as withdrawal, mood changes, or hopelessness, and reach out when you notice them.
- **Check In:** A simple call, text, or visit to someone here stories of donors and recipients, break stigma and foster trust
- **Share Resources:** Promote the **988 Suicide & Crisis Lifeline** and local support services in your community.



National Infant Mortality Awareness Month

What Is Infant Mortality:

- Infant mortality refers to the death of an infant before their first birthday.
- It is a key measure of community health and well-being.
- **Causes Include:** premature birth, low birth weight, and unsafe sleep practices.

What You Can Do: steps toward prevention

- **Plan a healthy pregnancy:** Talk daily folic acid and maintain healthy habits before and during pregnancy.
- **Seek Prenatal Care:** Start early and attend regular checkups, including risk screenings.
- **Practice Safe Sleep:** Always place babies on their backs in a firm, clear sleep space.
- **Avoid Harmful Substances:** Do not smoke, drink alcohol, or use drugs during or after pregnancy.
- **Breastfeed:** Even two months of breastfeeding can help lower risk of SIDS.
- **Stay Vaccinated:** Keep you and your baby up to date on all recommended shots.
- **Manage Health Conditions:** Work with your provider to control chronic illnesses before and during pregnancy.

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National Childhood Obesity Awareness Month

National Childhood Obesity Awareness Month, a reminder that small changes at home and in the community can make a big difference in a child's health. Together, we can create environments that encourage kids to eat well, stay active, and feel supported as they grow.

- Childhood obesity affects **1 in 5 children** in the U.S.
- Healthy habits formed early can prevent chronic diseases later in life.

Families can:

- Stay active together (walking, biking, dancing).
- Choose nutritious snacks and meals.
- Reduce sugary drinks and screen time.

Spotlight Program: **GUIN fit** (YSU)

GUIN fit, led by Youngstown State University and funded through the CDC REACH grant (2023-2028), partners with community organizations to promote healthy lifestyles. The program supports policy and environmental changes that make healthy food, regular exercise, and positive choices more accessible in underserved communities.

- Food and Nutrition Security.
- Safe and Accessible Physical Activity.
- Family Health & Weight Programs.

For more information on **GUIN fit**, please contact guinfit@ysu.edu.



September is Healthy Aging Month

September is a time to celebrate the benefits of growing older and to focus on habits that support long-term wellness. Aging can bring wisdom, resilience, and deeper connections with family community. Aging well through healthy habits and preventative care can improve quality of life and even increase life expectancy.

Tips for Healthy Aging:

- **Stay Active:** Engage in daily movement such as walking stretching, or light strength training.
- **Eat Well:** Choose balanced meals with fruits, vegetables, lean proteins, and whole grains.
- **Stay Connected:** Maintain social ties with family, friends, and community groups.
- **Keep Your Mind Sharp:** Try puzzles, reading, or learning new skills.
- **Prioritize Checkups:** Schedule routine screenings and stay current with vaccinations.
- **Practice Self-Care:** Get enough rest, manage stress, and embrace hobbies that bring joy.

Positive Aspects of Growing Older

- Increase wisdom and life experience.
- Stronger sense of purpose and identity.
- More time to enjoy family, friends, and passions.
- Opportunities to mentor younger generations.

Spotlight Program: **MYCAP**

MYCAP Mahoning Senior Levy Programs provide essential support and services for older adults in our community.

For more information on **MYCAP**, please contact **330-747-7921**.



Health Department Divisions Spotlight



Green Youngstown (Litter & Recycling)

- Local youth created anti-litter signs during camp at Wick Park.
- Drawings will be turned into signs and placed around the city (East, North, South and West Side).



Scrap Tire Collection

- October 4th
- 8 AM - 11 AM
- Covelli Center, 229 E. Front Street, Youngstown, OH
- Bring your old tires and help keep our neighborhoods safe and clean.



Environmental Division - Rabies Cline

- October 4th
- 1 PM - 3 PM
- Location TBD
- Protect your pets and community - low-cost rabies vaccines available.

Naloxone Distribution

- **Get Free Naloxone in Ohio** - for you, someone you know, or organization.
- Already this year, our Health Educators have distributed **250 kits** in the City of Youngstown.
- Call **330-742-8290** for more information.
- Visit naloxone.ohio.gov

Nursing Division (Grief Recovery Support Groups)

- Monday, September 8th
- 5:30 PM - 7:30 PM
- Call for more details
- Contact: Theresa Sanchez - 330-742-8265.