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## EMPOWERING COMMUNITIES

### CELEBRATING FRANKLIN COUNTY DURING NATIONAL COUNTY GOVERNMENT MONTH

National County Government Month (NCGM) takes place every April, offering a special opportunity to recognize the indispensable contributions of county governments nationwide. Since its start in 1991, the National Association of Counties (NACo) has encouraged counties to highlight their pivotal roles in serving residents. Here in Franklin County, NCGM holds profound significance as we honor the dedicated efforts of our employees in shaping and enriching the lives of every resident, every day.

Counties collaborate with federal, state, local, and tribal governments to provide on-the-ground services and meet residents' needs. As the heart of Ohio's capital, our county spans 544 square miles, with over 12,000 public roadways. Governed by 42 independently elected officials, 39 appointed boards, and 33 county agencies, [Franklin County](#) thrives on the collective efforts of its diverse workforce.

This year, the theme of [#ForwardTogether](#) embodies the collaborative spirit that drives us toward progress

and positive change within Franklin County. Every department, team, and individual play a crucial role in maintaining our county's infrastructure, delivering essential services, and ensuring the well-being of our residents. Your dedication and teamwork are the driving forces behind making Franklin County a great place to live, work, and raise families.

At the helm of this operation, the commissioners oversee an annual budget exceeding \$2 billion, a testament to the magnitude of our duties. Yet, behind every statistic lies the unwavering dedication of the employees, who embody the spirit of public service in their daily endeavors. From maintaining essential infrastructure to delivering vital services, each member of our workforce plays an indispensable role in upholding Franklin County's reputation.

As we commemorate National County Government Month, take a moment to celebrate yourself and all the unsung heroes who work tirelessly behind the scenes. Together, let us recognize their remarkable achievements and reaffirm our collective commitment to building a stronger, more resilient community where every resident thrives.

## BLACK MATERNAL HEALTH WEEK APRIL 11 – 17

### HOW MAVEN CAN HELP

Black Maternal Health Week is a campaign founded and led by the [Black Mamas Matter Alliance](#). Black Maternal Health Week is a direct response to the ongoing [maternal health crisis](#) that disproportionately impacts Black and Indigenous women. It's an effort that was founded, developed, and led by Black women.

Strengthening maternal health is crucial for improving the lives of all mothers and babies. In 2021, Black women in the United States [faced alarming disparities](#) in maternal health. Despite constituting a smaller proportion of the population, they

experienced significantly higher maternal mortality rates compared to White women. The maternal mortality rate for non-Hispanic Black women was 69.9 deaths per 100,000 live births, which is 2.6 times higher than the rate for non-Hispanic White women. Shockingly, Black women are three times more likely to die from pregnancy-related causes than their White counterparts, with over 80% of these deaths deemed preventable by the [CDC](#).

Additionally, the disparities extend beyond mortality rates. [Studies](#) show that Black women are more likely to experience postpartum depressive symptoms (PDS), with 29-44% of Black women reporting such symptoms. However, many remain unidentified and lack access to mental health services. Also, the lack of paid leave forces approximately one in four women to return to work within 10-14 days after giving birth, impacting their ability to bond with their infants and recover from childbirth.

Still, racial and ethnic minority groups, including Black women, are more likely to be uninsured and experience lower quality care due to discrimination in the healthcare field. Community-based models of care, such as [doula](#) and midwifery services, offer enhanced support to pregnant women facing barriers to care.

Addressing these disparities requires systemic changes, including policies that ensure equitable access to healthcare, paid leave, and family planning services. Collaborative efforts from organizations like the Black Mamas Matter Alliance and their partners are crucial in advocating for and implementing solutions to improve Black maternal health outcomes.

Maven is committed to addressing gaps in care for vulnerable populations and their model has multiple methods to help reduce disparities in maternal health care. Information is collected regarding your social determinants of health through a validated social needs screener and risk assessments during the enrollment process. To learn more about Maven go to [www.mavenclinic.com/join/franklincounty](http://www.mavenclinic.com/join/franklincounty).

**Learn more about how Maven supports members through all stages of life:**

- [Fertility and family building support for Black families.](#)
- [How to have a positive breastfeeding journey as a Black parent.](#)
- [How Black parents-to-be can support their mental health during pregnancy.](#)



## TRUST YOUR GUT

### ACCESSING EXPERTISE WITH 2ND.MD WEBINARS

We understand that navigating healthcare decisions can be daunting, whether you're grappling with treatment options or trying to decipher a diagnosis. That's why we've partnered with 2nd.MD to provide you with access to leading physicians who can offer trusted information and guidance, helping alleviate your concerns. Rest assured that all consultations are confidential and come at no extra cost to you, with appointments typically available within just a few days.

In addition to individual consultations, 2nd.MD offers informative webinar series covering a range of health topics each month. This month, they'll be focusing on digestive health, delving into conditions such as celiac disease, IBS, and GERD. These disorders affect millions of Americans annually, yet often suffer from misconceptions and stigma. Join 2nd.MD on [April 18 at 1pm](#) to gain insights into actions you can take to regain a comfortable and pain-free lifestyle.

During the webinar, Dr. Jackson, a prominent Gastroenterologist at 2nd.MD, will be on hand to address your questions and provide clarity on the causes, symptoms, prevention, and treatment options for digestive disorders. Remember, these invaluable services are part of your employer benefits package and come at no additional cost.

# ATTEND AN UPCOMING WEBINAR

Join us every month for a series of engaging educational webinars brought to you by Franklin County Cooperative and ThriveOn, featuring a diverse range of topics including nutrition, financial support, health-related discussions, and much more from our trusted vendors.



CancerBridge

## 2024 Support Series: Hereditary Colon Cancer and High Risk Genetics

Thursday, April 18, 2024 at 11am

This presentation will cover the basics of Hereditary Colon Cancer; what it is, risk factors, signs, and symptoms, how it is treated, and complications. It will also address specific High Risk Genetic components of the disease as well.

[REGISTER NOW >](#)

EAP Group Sessions

## Substance Abuse Disorder in the Workplace

Tuesday, April 23 from 1-2pm

Employees will receive information on the negative effects of substance use and how to seek help. They'll also learn to recognize signs, examine commonly abused drugs, and access resources for assistance, fostering a safer, more productive work environment.

[CLICK HERE TO JOIN THE MEETING >](#)

Maven

## Maven Moments: Unrealistic Expectations Placed on Women Today

Wednesday, April 24, 2024 12pm | Thursday, April 25, 2024 12pm | Tuesday, April 30, 2024 7am

Healthy living greatly influences fertility. Join our partner Maven's upcoming webinar on mental and physical wellness during conception. Gain valuable insights and expert strategies to support your journey. Choose from three sessions for your convenience.

[REGISTER FOR SESSION 1 >](#)

[REGISTER FOR SESSION 2 >](#)

[REGISTER FOR SESSION 3 >](#)

UPCOMING WEBINARS

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