



Lake County General Health District

NEWS RELEASE

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LAKE COUNTY GENERAL HEALTH DISTRICT

LAKE COUNTY GENERAL HEALTH DISTRICT RECEIVES A \$15,000 AWARD TO BENEFIT LAKE COUNTY

Funds to be used to help residents better manage chronic disease through workshops, health screenings, and nutrition education.

Painesville, Ohio – The Lake County Medical Reserve Corps (MRC) has been awarded a \$15,000 MRC Challenge Award from the National Association of County and City Health Officials (NACCHO) in partnership with the Office of the Assistant Secretary for Preparedness and Response, United States Department of Health and Human Services. The award will be used to train Lake County MRC volunteers to become leaders in Chronic Disease Self-Management (CDSM). Once trained, they will be able to lead a CDSM workshop. This will give Lake County General Health District a greater number of volunteers to conduct CDSM workshops to better serve the community. MRC volunteers will also help perform health screenings.

“We are very proud to have received this grant to expand the classes in Lake County,” said Kathryn Milo, Director of Health Promotion and Planning. “The next scheduled class is May 5 through June 9 at Willoughby Senior Center. This is the first class offered on the west side of the county.”

It is the process in which the program is facilitated that makes CDSM effective. Classes are highly participative, where mutual support and success build the participants’ confidence in their ability to manage their health and maintain active and fulfilling lives. The self-management program will not conflict with existing programs or treatment. It is designed to enhance regular treatment and disease-specific education, cardiac rehabilitation, or diabetes instruction. In addition, many people have more than one chronic condition. The program is especially helpful for these people, as it gives them the skills to coordinate all the things needed to manage their health, as well as to help them keep active in their lives.

Nearly 200 MRC units from across the United States completed the application, and the top 43 most promising applicants received awards totaling more than \$600,000 to implement the proposed initiatives. The Chronic Disease Self-Management workshop series will begin early this year.

The Lake County MRC is a volunteer group that brings medical and non-medical professionals together in support of local public health. Volunteers are trained and credentialed prior to the disaster to provide rapid response where needed. A key function of the MRC is to provide members with specialized training and preparation. For more information on MRC or if you would like to join, please call Katelyn Coan at (440) 350-2971.

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