



HEALTH REPORT

Health news, statistics and information for Richland County



May is National Bike Month

May is National Bike Month. Take the challenge by biking to work! Richland Public Health's Communities Preventing Chronic Disease Program invites the public to take part in National Bike to Work Week, May 14 through May 18.

In partnership with Richland Moves!, OhioHealth, Linden Road Presbyterian Church, and Mind Body Align, the featured events throughout the week are focused on bike safety and awareness, all leading up to **Bike to Work Day** on May 18.

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In an effort to build a more bike-friendly community, this annual event is a step towards encouraging an active lifestyle.

Why bike to work?

- It's a gym on wheels. The average person loses 13 pounds the first year of commuting by bike, in addition to decreasing the risk of heart disease, diabetes, hypertension and obesity.
- It reduces stress. Bike commuters are 40% less tense in the hour after arriving to work than those who drive.
- It's good for the environment. A daily 4-mile commute will save about 66 gallons of fuel per year. Bike commuting can also save on parking fees, parking tickets, fuel costs, auto maintenance costs and transit fares.
- It's fun! Bicycling is an accessible means of physical activity for all ages. When used for travel to school or work it can seamlessly incorporate exercise into daily life.

Schedule of Events

Monday, May 14

- Bicycling Basics and Safety Education in the Community Room at the Main Branch of the Mansfield Richland County Public Library at 6 p.m.

Tuesday, May 15

- Slow Roll group bike ride starting from the Richland Public Health Parking lot at 6 p.m.

Wednesday, May 16

- Ride of Silence with Cycling Sports Center. Group ride in silence to honor individuals that have been killed while riding. Starting from Cycling Sports Center at 6 p.m.

Thursday, May 17

- Slow Roll South group bike ride starting from Y-Not Cycling at 6 p.m.
- On-Road Bicycling Education Ride. Starting from Mind Body Align at 6 pm. Registration required. To register call Ellen at 419-774-3542 or email eclaiborne@richlandhealth.org

Friday, May 18

- Bike to Work Day!
- Is work too far for you to commute by bike? Park your car at the Linden Road Presbyterian Church location (160 South Linden Road, Mansfield) and ride your bike the rest of the way into work.
- Pick up your "swag bag" at Linden Road Presbyterian Church. Bags have healthy snacks and other goodies, including your 2018 "Bike to Work" reflective bike sticker.

For more information, call Ellen Claiborne, Health Educator at Richland Public Health, 419-774-3542 or email eclaiborne@richland health.org

Safety Tips for Bikers

- Protect your head: Always wear a helmet.
- Make sure your bike is road-ready.
- Be visible: wear bright or florescent colors.
- Avoid biking at night.
- Always ride on the right side of the road in a straight path.
- Check for traffic: 70% of car-bike crashes occur at driveways or intersections.
- Obey the rules of the road (traffic laws).

PUBLIC HEALTH

Health services for people of all ages who are residents of Richland County. Services are provided through our on-site clinic, in the community and through our home visits.

Public Health Clinic	March	YTD
General Health (new, revisit)	74	233
Immunizations (includes TB)	211	586
Neighborhood Immunizations Visits	5	22
International Travel (visits/consults)	25	70
Nurses Appointments	4	11
STI/HIV Testing	10	24
Total Visits	324	924

For Clinic Appointments for child, adult, travel, and shingles vaccine as well as flu shots: call 419-774-4700. Walk-ins are welcome.

Public Health Nursing	March	YTD
BCMH (client visits)	31	86
Community Health Screenings	62	130
Influenza Vaccines (Flu Shots)	8	69
Newborn/Prenatal Home Visits	26	66
Referrals to Community Agencies	15	57
Cribs/dettes distributed	7	22
School Nurses (student care YTD)	433	1,247

COMMUNICABLE DISEASE REPORT

Infectious Diseases (other than flu/sti)	39	80
Influenza (A & B)	82	568
Hospitalizations due to Influenza	10	228

Sexually Transmitted Infection

STI Positive Results	75	221
Chlamydia	53	158
Gonorrhea	22	61
Syphilis	0	2
AIDS/HIV	0	0

WIC Services - March

New Participants	178
Recertifications	404
Other Contacts	472
Total Ashland & Richland Counties:	1,054



National Health Observances MAY: National Bike Month; Motorcycle Safety Awareness Month; Mental Health Month; **May 5:** Hand Hygiene Day; **May 9:** Walk & Bike to School Day; **May 14-18:** Bike to Work Week; **May 21-25:** Healthy and Safe Swimming Week; **May 25:** Heat Safety Awareness Day; **May 31:** Senior Health & Fitness Day; **May 31:** World No Tobacco Day.

See Your Way Toward a Steadier You (from Steady U Ohio)

We depend on our vision for balance and to keep us safe in different environments. However, age-related eye diseases increase the likelihood that you could experience a debilitating fall. Poor vision can inhibit your mobility and contribute to accidents. Ohioans age 65 and older who have an age-related eye disease are 50 percent more likely to fall according to the Ohio Department of Health. Of those who fall, 20 to 30 percent suffer moderate to severe injuries that make it hard for them to get around or live independently.



Eye diseases can lead to falls and those falls can also result in eye injuries. Falls are the leading cause of eye injury, according to research from the American Academy of Ophthalmology.

The Centers for Disease Control and Prevention (CDC) recommends that all older adults have a yearly eye exam and wearing corrective lenses as prescribed are important to help prevent falls. However, multifocal lenses, such as bifocals or progressive lenses, can affect your ability to move safely. Talk to your eye care professional about the best way to get used to your new glasses, as well as options, such as a pair of single-focus lenses to use when you are moving around.

Other ways to maximize vision minimize falls include:

- Invest in good lighting and turn the lights on when it is dark.
- Use the highest-wattage bulbs recommended for your light fixtures.
- Add contrast (light on dark colors or vice versa) to household items, such as steps and bathroom fixtures.
- Wear sunglasses or a hat with a brim to reduce sun glare outdoors.

Say NO Mosquitoes!



Picture from the CDC of the type of mosquito known to carry Zika virus.

Richland Public Health's mosquito messaging the next several months will be on eliminating mosquito breeding grounds before they have a chance to get their populations growing.

For home owners, that means eliminating anywhere standing water may pool for seven days or more.

In addition to be annoying, there's the possibility of mosquito-borne diseases like West Nile virus or Zika virus.

To find out more about what you can do to say "NO" to mosquitoes, see our information page on our website: richlandhealth.org/our-community/mosquitoes.

When it becomes necessary, this website page will also contain the weekly mosquito spraying schedule.

The Richland Public Health "Health Report" is a monthly production of Health Education/Promotion. Suggestions and corrections, including mailing label corrections, are welcome. Call Reed Richmond, Health Educator/Web Editor, at 419-774-4726.

Time and health are two precious assets that we don't recognize and appreciate until they have been depleted.

Denis Waitley

ENVIRONMENTAL HEALTH

The Environmental Health Division directs a variety of programs that prevent, protect and educate our community about potentially harmful elements in our environment.

Contacts*	March	YTD
Campgrounds	3	6
Food	196	771
Emergency Response	0	2
Environmental Health Administrative	3	3
Environmental Health Assessment	0	2
Environmental Health Other	0	13
Housing	1	3
Indoor Air Quality	3	11
Institutions	0	1
Nuisance, other	7	7
Plumbing - Commercial	160	598
Plumbing - Residential	71	199
Private Water Systems	69	205
Public Swimming Pools	14	27
Rabies	69	172
Schools	31	31
Sewage Treatment Systems	91	312
Solid Waste	18	61
Tattoo & Body Piercing Facilities	3	25
Vector Control	0	16
Totals All Contacts	739	2,465

*Inspections, investigations and consultations

VITAL STATISTICS

The Vital Statistics division maintains records of all births and deaths in Richland County since 1908 (excluding Shelby). For information on obtaining a birth or death certificate, check the website at www.richlandhealth.org or call 419-774-4500.

	March	YTD
Total Births (all ages)	114	304
Births to Teens	14	37
Repeat Births*	69	194
	March	YTD
Total Deaths	86	316
Male	48	161
Female	38	155
Causes of Death		
Heart Related	25	122
Cancer	13	53
Lung Diseases	7	26
Alzheimers/Dementia	5	21
Accidents (drugs/falls/crashes)	7	18
Flu/Pneumonia	54	14
Strokes/CVA	6	12
Suicides	3	5
Renal/Kidney	3	4
Homicides	1	1
Infant Mortality (see below)	0	0
Deaths Pending Autopsy	5	6
Other (not listed above)	7	33

*repeat births = 2nd or more live births

Birth & Death statistics include City of Shelby

Infant Mortality: Richland County

For March: 0

For 2018: 0

Infant mortality is defined as the death of a baby before his or her first birthday. Infant deaths are considered an important indicator of the overall health of a society. Deaths to residents occurring outside of Richland County are not reflected in county death statistics. **KNOW the SAFE SLEEP ABC's: Alone, on Back, in a Crib.**

CALLING THE HEALTH DEPARTMENT

Main Number	419-774-4500
Public Health Clinic	419-774-4700
Public Health Nursing.....	419-774-4540
Environmental Health	419-774-4520
Com. Health & Prev. Sciences...	419-774-4761
WIC	419-774-4560

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RETURN SERVICE REQUESTED