



## National Breastfeeding Month

August is Breastfeeding Awareness Month in Ohio and August 1-7 is World Breastfeeding Week (WBW). Research suggests that breastfeeding is a key modifiable factor for disease for both mothers and infants. The American Academy of Pediatrics (AAP) and the World Health Organization (WHO) recommend exclusive breastfeeding for the first six months of life and continued breastfeeding with the addition of appropriate solid food for the first year and beyond.



Mothers receive benefits from exclusive breastfeeding that last a life time. Specifically, the longer duration of breastfeeding, the lower their BMI, blood pressure, triglycerides and waist circumference. The health benefits of breastfeeding for the infant may include a reduced risk of obesity later in life, less risk for sudden infant death syndrome and fewer ear and respiratory infections.

Ohio WIC's 2018 theme for Breastfeeding Awareness Month is "Breastfeeding, Foundation of Life". This theme focuses on breastfeeding as a key to preventing hunger and malnutrition by ensuring food security for babies.

For more information, please contact the Richland WIC program at **419-774- 4560** or see [richlandhealth.org/departments/wic](http://richlandhealth.org/departments/wic).

## SCHOOL BUS: Rules for Safety

Do you know how to drive around school busses? Ohio law states that if a school bus is stopped with its red lights flashing on a road with fewer than four lanes, all traffic from either direction must stop at least ten (10) feet from the front or rear of that school bus. On a road that has four or more lanes, only traffic proceeding in the same direction as the school bus must stop. Once stopped, drivers may not proceed until the bus resumes motion or until signaled by the school bus driver to proceed.\*

Passing a stopped school bus on a two lane road is one of the most dangerous thing you can do while driving. But stopping for a school bus on a four lane road when you are coming in the opposite direction may jeopardize the safety of you and other motorists who are not expecting an unnecessary stop.

*\*Ohio Digest of Motor Vehicles Laws*



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/Communications, at 419-774-4726.

**Just Walk Richland** is currently looking for more walk leaders. If you enjoy walking in a group setting and would look forward to getting others out with you, consider becoming a leader. Contact [eclaiborne@richlandhealth.org](mailto:eclaiborne@richlandhealth.org) or 419-774-3542. (Ellen)

## 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*	June	YTD
Campgrounds	17	40
Food	176	1,531
Emergency Response	2	7
Environmental Health Administrative	0	3
Environmental Health Assessment	0	3
Environmental Health Other	0	13
Housing	1	4
Indoor Air Quality	6	24
Institutions	0	2
Nuisance, other	0	14
Plumbing - Commercial	210	1,363
Plumbing - Residential	79	547
Private Water Systems	65	475
Public Swimming Pools	67	127
Rabies	81	445
Schools	2	45
Sewage Treatment Systems	106	771
Solid Waste	25	151
Tattoo & Body Piercing Facilities	9	42
Vector Control	160	271
<b>Totals All Contacts</b>	<b>1,006</b>	<b>5,878</b>

\*Inspections, investigations and consultations

“Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity.”  
World Health Organization

## 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](http://www.richlandhealth.org) or call 419-774-4500.

Total Births (all ages)	June	YTD
Births to Teens	8	62
Repeat Births*	41	293

Total Deaths	June	YTD
Male	46	326
Female	50	312

Causes of Death	June	YTD
Heart Related	34	235
Cancer	13	118
Lung Diseases	8	53
Alzheimers/Dementia	10	47
Accidents (drugs/falls/crashes)	3	30
Flu/Pneumonia	4	27
Renal/Kidney	7	20
Strokes/CVA	3	19
Suicides	2	8
Homicides	0	3
Infant Mortality (see below)	1	3
Deaths Pending Autopsy	3	8
Other (not listed above)	8	67

\*repeat births = 2nd or more live births  
Birth & Death statistics include City of Shelby

## Infant Mortality: Richland County

June: 1 Year To Date: 3

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
Health Promotion/Education ....	419-774-4500
WIC .....	419-774-4560

Richland Public Health is an equal opportunity employer/provider of services.

RETURN SERVICE REQUESTED

