

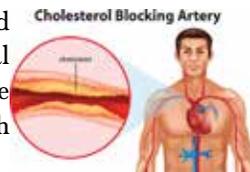


HEALTH REPORT

Health news, statistics, and information for Richland County

Cholesterol Education Month

September is National Cholesterol Education Month, a good time to get your blood cholesterol checked and take steps to lower it if it is high. More than 102 million American adults (20 years or older) have total cholesterol levels at or above 200 mg/dL, which is above healthy levels. More than 35 million of these people have levels of 240 mg/dL or higher, which puts them at high risk for heart disease, the leading cause of death in the United States.



Cholesterol is a waxy, fat-like substance found in your body and many foods. Your body needs cholesterol to function normally, but too much cholesterol can build up in your arteries. After awhile, these deposits narrow your arteries, putting you at risk for heart disease and stroke.

It's important to check your cholesterol levels. High cholesterol is a major risk factor for heart disease. A simple blood test called a lipoprotein profile can measure your total cholesterol levels, including LDL (low-density lipoprotein, or "bad" cholesterol), HDL (high-density lipoprotein, or "good" cholesterol), and triglycerides.

Richland Public Health offers cholesterol blood tests during Community Health Screening visits (see schedule at richlandhealth.org). Cholesterol screenings require a 9 to 12 hour fast.

If you have high cholesterol, what can you do to lower it?

You can lower your cholesterol levels through lifestyle changes:

- Eat more low-fat and high-fiber food, such as fresh fruits, fresh vegetables, and whole grains.
- For adults, getting enough exercise. The American Heart Association recommends at least 2 hours and 30 minutes of moderate or 1 hour and 15 minutes of vigorous physical activity a week. For those aged 6-17, the AHA recommends getting 1 hour or more of physical activity each day.
- Maintain a healthy weight.
- Don't smoke, or quit if you smoke.

Your doctor may prescribe medications to treat your high cholesterol if necessary.

For more information, including how to manage high cholesterol, see the Centers for Disease Control and Prevention at www.cdc.gov/cholesterol/

National Preparedness Month

National Preparedness Month (NPM) is sponsored by FEMA's Ready Campaign in partnership with Citizen Corps. NPM is held each September to encourage Americans to make sure they are prepared for disasters or emergencies in their homes, businesses, and communities. This year's NPM will focus on planning, with an overarching theme: *Disasters Happen. Prepare Now. Learn How.*

The website www.ready.gov is an excellent tool for preparedness information with information and links to additional resources. There you'll find information on how to make a disaster or emergency plan.

Richland Public Health also has ample amounts of local disaster information at our emergency preparedness page. It's located under the "Your Home" link at richlandhealth.org. There, you will find a folder with more than 50 downloadable PDF documents from the American Public Health Association (APHA) covering a variety of Emergency Preparedness issues.

2018 Flu Immunizations start in October

Richland Public Health will begin its annual flu immunization clinics in October, reports Amy Schmidt, Director of Nursing. "We determined there was no reason to get your flu immunization in September, but there are good reasons to get them before the holidays," Schmidt said.

Flu shot clinics will be in the Corley Room at Richland Public Health on Thursday, **October 18**, from 4 to 7 p.m. and Thursday, **October 25**, from 10 a.m. to 1 p.m. More details will be available at richlandhealth.org when finalized.

Neighborhood Immunization Clinics will also provide flu vaccines for children 6-months through 18-years-old beginning in mid-October. Call 419-774-8115 for those dates, locations and times.

The Richland Public Health flu immunization program is partially funded by local tax levy dollars.

The Centers for Disease Control and Prevention (CDC) recommends flu vaccine for everyone ages 6-months and older.

National Health Observances for September: National Preparedness Month; Cholesterol Education Month; Prostate & Ovarian Cancer Awareness Month; National Food Safety Month; **Sept. 23-30:** Child Passenger Safety Week; **Sept. 20:** National Falls Day; **Sept. 29:** World Rabies Day.

When you are thirsty or feeling the need for a cool beverage during work or play outdoors, remember: **Water First for Thirst!**



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	July	YTD
General Health (new, revisit)	0	346
Immunizations (includes TB)	333	1,572
Neighborhood Immunizations Visits	33	141
International Travel (visits/consults)	14	162
Nurses Appointments	12	37
Reproductive (inc. STI/HIV Testing)	6	46
Total Visits	365	2,163

For Clinic Appointments for child, adult, travel, and shingles vaccine. Call 419-774-4700. Walk-ins are welcome.

Public Health Nursing	July	YTD
BCMh (client visits)	34	211
Community Health Screenings	28	323
Influenza Vaccines (Flu Shots)	0	968
Lead Case Management	0	9
Newborn/Prenatal Home Visits	7	118
Referrals to Community Agencies	3	85
Cribettes distributed	1	35
School Nurses (student care YTD)	9	1,731

COMMUNICABLE DISEASE REPORT

Infectious Diseases (other than flu/sti)	38	224
Influenza (A & B)	0	634
Hospitalizations due to Influenza	0	249
Sexually Transmitted Infection		
STI Positive Results	74	490
Chlamydia	30	344
Gonorrhea	17	144
Syphilis	0	2

WIC Services - July

New Participants	180
Recertifications	391
Other Contacts	530
Total Ashland & Richland Counties:	1,021



Child Passenger Safety Week

The goal of Child Passenger Safety Week (September 23-29) is to make sure all children are secured properly in appropriate seats – every trip, every time. Parents and caregivers are urged to make sure their child safety seats and booster seats are properly installed and used in their vehicles.

“Every 33 seconds, a child under 13 is involved in a crash,” said Reed Richmond, Health Educator and certified Child Passenger Safety (CPS) Technician at Richland Public Health. “Using car seats that are age- and size-appropriate is the best way to keep your child safe.” Motor vehicle crashes are a leading killer of children, Richmond noted, and car seats, booster seats, and seat belts can make all the difference. “In 2016, there were 328 children under age five saved because they were riding in the correct car seats. Car seats matter, and having the right car seat installed and used the right way is critical.”

Richland Public Health conducts child car seat checks on Fridays. Call 419-774-4726 to schedule an appointment. For more information on Child Passenger Safety see the car seat information at richlandhealth.org (type “Child Car Seat” in the search box for fastest access) or call Reed at 419-774-4726. Parents and caregivers can view more information on car seat safety and locate other certified technicians at www.safercar.gov/parents.



Booster Seats are required by law in Ohio from ages 5 to 8 years old or 4'9" tall.

WORD of the Month: Preparedness

Preparedness refers to a very concrete research-based set of actions that are taken as precautionary measures in the face of potential disasters. These actions can include both physical preparations (such as emergency supplies depots) and trainings for emergency action. Preparedness is an important quality in achieving goals and in avoiding and mitigating negative outcomes. There are different types of preparedness, such as public health preparedness and local emergency preparedness, but probably the most developed type is “Disaster Preparedness”, defined by the UN as involving “forecasting and taking precautionary measures prior to an imminent threat when advance warnings are possible”

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.

The Healthy Corner Store Initiative works to improve healthy food access in corner stores. Find out more: **Emily Leedy, 419-774-4773** Health Educator, RPH



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*	July	YTD
Campgrounds	13	53
Food	243	1,774
Emergency Response	0	7
Environmental Health Administrative	0	3
Environmental Health Assessment	1	4
Environmental Health Other	0	13
Housing	0	4
Indoor Air Quality	6	30
Institutions	0	2
Nuisance, other	3	17
Plumbing - Commercial	235	1,598
Plumbing - Residential	97	644
Private Water Systems	82	557
Public Swimming Pools	15	142
Rabies	82	528
Schools	2	47
Sewage Treatment Systems	117	888
Solid Waste	37	188
Tattoo & Body Piercing Facilities	11	53
Vector Control	172	443
Totals All Contacts	1,116	6,994

*Inspections, investigations and consultations

Falls Prevention Awareness Month

September 20 not only marks the start of the fall season, it is also **National Falls Prevention Awareness Day**.

An older Ohioan falls every two minutes on average, resulting in an injury every five minutes, six emergency department visits and one hospitalization each hour, and three deaths each day. The number of fatal falls among older Ohioans has increased more than 167 percent since 2000.

Find out how you can help a senior avoid a fall at www.steadyuhio.gov

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.

	July	YTD
Total Births (all ages)	75	648
Births to Teens	3	65
Repeat Births*	51	425

	July	YTD
Total Deaths	98	737
Male	48	374
Female	50	363

Causes of Death		
Heart Related	28	264
Cancer	22	140
Lung Diseases	8	61
Alzheimers/Dementia	4	51
Accidents (drugs/falls/crashes)	4	36
Flu/Pneumonia	2	29
Strokes/CVA	5	24
Renal/Kidney	1	21
Suicides	1	9
Infant Mortality (see below)	1	5
Homicides	0	3
Deaths Pending Autopsy	4	9
Other (not listed above)	17	84

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

Infant Mortality: Richland County

July: 1 **Year To Date: 5**
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	419-774-4544
WIC	419-774-4560

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

RETURN SERVICE REQUESTED