

February is American Heart Month



Cardiovascular diseases, including stroke, are our nation's No. 1 killer. To urge Americans to join the battle against these diseases, February is proclaimed "American Heart Month."

Coronary heart disease is the No. 1 cause of death in the United States. Locally in 2018, 210 women and 240 men died from heart disease. That represents 36% of the deaths in Richland County (including Shelby).

That's why it's so important to reduce your risk factors, know the warning signs, and know how to respond quickly and properly if warning signs occur.

Heart Attack Warning Signs

Some heart attacks are sudden and intense — the "movie heart attack," where no one doubts what's happening. But most heart attacks start slowly, with mild pain or discomfort. Often people affected aren't sure what's wrong and wait too long before getting help. Here are signs that can mean a heart attack is happening:

- Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- Shortness of breath with or without chest discomfort.
- Other signs may include breaking out in a cold sweat, nausea or light-headedness.

Here are some thing you can do:

- Exercise for 30 minutes several days a week.
- Eat a heart-healthy diet that is high in fresh fruits and vegetables and low in sodium, saturated and trans fats, and cholesterol.
- Follow your doctor's instructions for medications and treatment.

Blood Pressure Checks

Richland Public Health is asking residents to watch their blood pressure as a way of tracking their heart health and prevent heart disease and stroke.

Did You Know?

Electronic Blood Pressure Monitoring Kits are available at all locations of the Mansfield Richland County Public Library and at the Shelby Marvin Memorial Library as an item for check out according to each library's set loaning period. The kits include an electronic blood pressure monitor, arm cuff, AC adaptor, batteries, a quick user's guide, educational materials and a BP wallet card for tracking your numbers, as well as a survey.

Self-measuring one's blood pressure allows individuals to track and share those readings with their doctor to better manage their high blood pressure.

For more information about the blood pressure cuffs, call Ellen Claiborne, Health Educator, at 419-774-3542. For additional heart information see www.heart.org or check the personal health links at richlandhealth.org

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	December	YTD
General Health (new, revisit, sick)	0	418
Immunizations (includes TB)	197	3,401
International Travel (visits/consults)	11	198
Nurses Appointments	0	59
Reproductive (includes STD/HIV test)	0	59
Total Visits	208	4,135

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	December	YTD
BCMh (client visits)	25	313
Community Health Screenings	31	582
Influenza Vaccines (Flu Shots)	43	2,004
Newborn/Prenatal Home Visits	33	253
Referrals to Community Agencies	167	538
Cribettes distributed	10	74
School Nurses (student care YTD)	305	3,562

COMMUNICABLE DISEASE REPORT

Infectious Diseases (other than flu/sti)	26	348
Influenza (A & B)	70	708
Hospitalizations due to Influenza	8	126
Sexually Transmitted Infection		
STI Positive Results	57	865
Chlamydia	48	647
Gonorrhea	9	214
Syphilis	0	2
AIDS/HIV	0	2



**RICHLAND AREA
CHAMBER
of COMMERCE**
Strong Business
Strong Community



**Richland
Public Health**
Prevent. Promote. Protect.

Eggs & Issues

**Breakfast with
Health Commissioner
Martin Tremmel
Feb. 15, 7:30 a.m.
Ontario Events Center**

Brown Derby Roadhouse/Ontario Event Center
3985 Park Ave. West, Mansfield, OH 44903



National Health Observances for February: American Heart Month; Prenatal Infection Prevention Month; 7-14: Congenital Heart Defect Awareness Week; 14 National Donor Day.

WIC Services - Dec.

New Participants	142
Recertifications	324
Other Contacts	536
Total Ashland & Richland Counties:	1,002



Flu Outbreak in Ohio hits Richland County Hard

Flu Shots Still Important

Call 419-774-4700 to schedule a flu shot for you or a family member.



Influenza, and all its unwelcome symptoms, have arrived in Ohio and Richland County residents are among the victims.

“We are seeing an increase in influenza activity,” says Richland Public Health epidemiologist Emily Leedy. “Unfortunately, the ones being hit the hardest are the most vulnerable: seniors and children.” There have been 25 hospitalizations for influenza in Richland County since the start of December, although not all of those are Richland

County residents. The County has had 230 total cases of influenza since December of 2018. Flu season usually extends into March, so getting a flu shot is still a good idea.

Richland Public Health recommends three ways to help prevent flu and other illnesses:

1. Get a flu shot. It is never too late to be vaccinated for flu. Any protection is better than none, and studies have shown that the vaccine can reduce the risk of death and intensive care unit admission. Call Richland Public Health at 419-774-4700 for a flu shot.

2. Wash your hands. Soap and water or alcohol-based gels and foams work well against the flu.

3. If you are ill, stay home. The last thing anyone would want to do is spread illness in our community, especially to vulnerable patients. If you are ill, please stay home at least until your fever resolves and you are feeling better.



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.

	December	YTD
Total Births (all ages)	94	1143
Births to Teens	5	91
Repeat Births*	52	672

	December	YTD
Total Deaths	137	1262
Male	67	649
Female	70	613

Causes of Death		
Heart Related	55	450
Cancer	27	251
Lung Diseases	9	103
Alzheimers/Dementia	16	94
Accidents (drugs/falls/crashes)	1	58
Strokes/CVA	6	47
Flu/Pneumonia	1	38
Renal/Kidney	3	35
Suicides	1	21
Infant Mortality (see below)	1	8
Homicides	0	3
Deaths Pending Autopsy	5	8
Other (not listed above)	12	146

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

EXERCISE OPPORTUNITIES



Mansfield OH parkrun is every Saturday at 9 am at North Lake Park and a chance to get a FREE timed 5K for runners, joggers and walkers to track their fitness and have fun. See richlandhealth.org or call 419-774-4761 for more information.



Richland Walks is a FREE program designed to encourage walking in a safe, indoor location at the Richland Mall. See www.richlandmallshopping.com or call 419-529-5312 for more information.

Richland Public Health has a flu vaccine for all ages and a healthy supply of the “high dose” flu vaccinations for those ages 65 and older. Walk-ins are welcome at the Public Health Clinic, but calling for an appointment (419-774-4700) can shorten your wait time.

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*	December	YTD
Campgrounds	1	78
Food	386	3,178
Emergency Preparedness	0	9
Housing	0	15
Indoor Air Quality	5	71
Institutions	0	4
Lead	0	19
Environmental Health Nuisance	0	26
Environmental Health Other	1	19
Plumbing - Commercial	366	2,869
Plumbing - Residential	75	1,192
Private Water Systems	61	939
Public Swimming Pools/Spas	30	296
Rabies	66	830
Schools	18	105
Sewage Treatment Systems	120	1,658
Site Assessment	5	25
Solid Waste	35	420
Tattoo & Body Piercing Facilities	6	89
Vector Control	23	713
Totals All Contacts	1,198	12,555

*Inspections, investigations and consultations

Child Deaths in Richland County

For December: 1 For 2018: 8

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 occurring outside of Richland County are not reflected in county death statistics. **KNOW the SAFE SLEEP ABCs:**

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. Science	419-774-4761
WIC	419-774-4560

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 at 419-774-4726.

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

RETURN SERVICE REQUESTED

