March 2019

Richland Public Health

Prevent. Promote. Protect.

HEALTH REPORT

Health news, statistics and information for Richland County

March is National Nutrition Month

National Nutrition Month® is an annual nutrition education and information campaign created by the Academy of Nutrition and Dietetics. The campaign, celebrated each year during the month of March, focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.

During National Nutrition Month®, help the Academy achieve its vision of a world where all people thrive through the transformative power of food and nutrition.

• Informed Food Choices
• Sound Eating Habits
• Physical Activity Habits

Key Messages:

- Discover the benefits of a healthy eating style.
- Choose foods and drinks that are good for your health.
- Include a variety of healthful foods from all of the food groups on a regular basis.
- Select healthier options when eating away from home.
- Be mindful of portion sizes. Eat and drink the amount that's right for you.
- Keep it simple. Eating right doesn't have to be complicated.
- Make food safety part of your everyday routine.
- Help to reduce food waste by considering the foods you have on hand before buying more at the store.
- Find activities that you enjoy and be physically active most days of the week.

Richland Public Health has nine Dieticians and Nutritionist Assistants in the WIC (Women, Infants, Children) Program. In addition, Health Educators in the Community Health and Prevention Science Division promote healthy eating and exercise as ways to prevent chronic diseases such as heart diseases and stroke.

WIC services at Richland Public Health are income-based. Find out more about registering for WIC at richlandhealth.org/departments/wic/ or call 419-774-4560.

Find out more about Community Health and Prevention Sciences at richlandhealth.org/departments/community-health-prevention-sciences/ or call 419-774-4761.

Prepare for Severe Weather

These warm and possibly wet March days are a good time to prepare for severe spring weather. Temperatures can swing back and forth between balmy and frigid. Sunny days may be followed by a week of stormy weather. So planning ahead just makes sense; prepare for storms, floods, and tornadoes as if you know in advance they are coming, because in the spring, they very likely will.

- Check the supplies in your emergency First Aid kit and update if needed.
- Prepare your home emergency kit and have one for your car.
- Have a three-day supply of bottled water and nonperishable food on hand.
- Show family members where to seek appropriate shelter.
- Practice your emergency plan for every type of severe weather.
- Show family members where the emergency supplies are stored, and make sure they know how to turn off the water, gas, and electricity in your home.

MARCH 17-23 IS OHIO SEVERE WEATHER AWARENESS WEEK. See the weather tips at richlandhealth.org for more information, including how to prepare your emergency kit.

National Health Observances for March: National Nutrition Month; Colorectal Cancer Awareness; **March 3-10**: Groundwater Awareness Week; **March 23**: World TB Day; **March 26**: American Diabetes Alert Day.

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	January	YTD
Immunizations (includes TB)	173	173
STD/HIV test	2	2
Travel Consultations	10	10
Total Visits	185	185

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	January	YTD
BCMH (client visits)	25	25
Community Health Screenings	5	5
Influenza Vaccines (Flu Shots)	19	19
Newborn/Prenatal Home Visits	30	30
Referrals to Community Agencies	*180*	*180*
Cribettes distributed	*8*	*8*
School Nurses (student care YTD)	317	317

Communicable Disease Report

Infectious Diseases (other than flu/sti)	37	37
Influenza (A & B)	*160*	*160*
Hospitalizations due to Influenza	*17*	*17*
Sexually Transmitted Infection		
STI *Positive* Results	108	108
Chlamydia	88	88
Gonorrhea	20	20
Syphilis	0	0
AIDS/HIV	0	0

WIC Services - Jan.	
New Participants	142
Recertifications	406
Other Contacts	472
Total Ashland & Richland Counties:	**1,020**

Too Early to Think about Mosquitoes?

If you've just finished shoveling snow from your front walkway, March may not seem like an appropriate time to be talking about mosquito-borne viruses. Nevertheless, Richland Public Health will soon be cranking up the volume this year about the threat of West Nile virus (WNV).

WNV virus is carried by infected mosquitoes and transmitted to humans by a bite. Like other mosquito spread viruses (ex: Zika, California Encephalitis), WNV is most dangerous to the young and those with compromised immune systems. Symptoms and signs of West Nile virus include fever, headache, body aches, skin rash, and swollen lymph nodes. Severe symptoms and signs may include stiff neck, sleepiness, disorientation, coma, tremors, convulsions, and paralysis.

Richland Public Health set 370 traps and caught 13,730 mosquitoes in 2018. 39 pools tested positive for West Nile Virus (WNV). Richland Public Health sprayed 219.55 miles of treatment for adult mosquito control, treating 6,616.41 acres in Richland County.

Zika virus, which continues to get a lot of attention for Ohio travelers, is scary due to a link to a particular birth defect call microcephaly (babies born with small heads whose brains will not fully develop). Furthermore, a male bitten by a Zika-infected mosquito may be able to pass the virus on to a female through sex. For this reason, women who are pregnant or plan to become pregnant should take precautions against mosquitoes and sexual contact without the use of condoms with someone who may have contracted Zika virus from a mosquito bite. Travelers to Central or South America and tropical countries are most at risk. Check with Richland Public Health's Travel program (419-774-4700) if you are planning a vacation or Spring break in the Southern Coastal States as well (Texas, Florida, etc.)

Starting immediately, the focus will be on eliminating mosquito breeding grounds before mosquitoes have a chance to get their populations growing. For home owners, that means eliminating anywhere that standing water may pool for seven days or more.

Call Environmental Health 419-774-4520 or see the links to mosquito information at richlandhealth.org or for more.

> **"All the money in the world can't buy you back good health."**
>
> *Reba McEntire*

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.

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*	January	YTD
Campgrounds	1	1
Food	635	635
Emergency Preparedness	3	3
Indoor Air Quality	6	6
Institutions	1	1
Plumbing - Commercial	457	457
Plumbing - Residential	137	137
Private Water Systems	114	114
Public Swimming Pools/Spas	46	46
Rabies	75	75
Schools	17	17
Sewage Treatment Systems	202	202
Site Assessment	9	9
Solid Waste	58	58
Tattoo & Body Piercing Facilities	37	37
Vector Control	9	9
Totals All Contacts	**1,807**	**1,807**

**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.

	January	YTD
Total Births (all ages)	111	111
Births to Teens	9	9
Repeat Births*	65	65
	January	**YTD**
Total Deaths	122	122
Male	53	53
Female	69	69
Causes of Death		
Heart Related	47	47
Cancer	20	20
Alzheimers/Dementia	11	11
Lung Diseases	5	5
Flu/Pneumonia	8	8
Renal/Kidney	4	4
Strokes/CVA	3	3
Accidents (drugs/falls/crashes)	3	3
Suicides	1	1
Infant Mortality (see below)	0	0
Homicides	0	0
Deaths Pending Autopsy	*5*	*5*
Other (not listed above)	15	15

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

Child Deaths in Richland County

For January: 0 **For 2019: 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 occuring 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
CHPS (Health Education) 419-774-4761
WIC 419-774-4560

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

RETURN SERVICE REQUESTED

Richland Public Health
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555 Lexington Avenue, Mansfield, OH 44907