Richland Public Health Achieves PHAB Accreditation!

Richland Public Health announced on August 27 that it has achieved national accreditation through the Public Health Accreditation Board (PHAB). The national accreditation program works to improve and protect the health of the public by advancing and ultimately transforming the quality and performance of the nation’s state, local, Tribal, and territorial public health departments. Richland Public Health is one of fewer than 300 health departments that have thus far achieved accreditation through PHAB since the organization launched in 2011. However, hundreds of health departments across the country are preparing to seek accreditation through PHAB, the non-profit organization that administers the national public health accreditation program.

“We are pleased and excited to be recognized for achieving national standards that foster effectiveness and promote continuous quality improvement,” said Martin Trenmmel, Health Commissioner for Richland Public Health.

“The accreditation process helps to ensure that the programs and services we provide are as responsive as possible to the needs of our community. With accreditation, Richland Public Health is demonstrating increased accountability and credibility to the public, funders, elected officials and partner organizations with which we work.”

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. High cholesterol is a major risk factor for heart disease. 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, get 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.

Cholesterol screenings are 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.

2019 Flu Immunizations start in October

Richland Public Health will begin its annual flu immunization clinics in October, reports Amy Schmidt, Director of Nursing. “We would like to see you get your annual flu shot before flu starts spreading in our community. Since it takes about 2 weeks to develop the antibodies, you should get the flu vaccine before the end of October. This timing is best for protection during the flu season which typically peaks between December and March,” Schmidt said.

Flu shot clinics will be in the Corley Room at Richland Public Health and at Fairhaven Hall at the Richland County Fairgrounds in October. More details will be available at richlandhealth.org when finalized.

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

Additional Public Health Information

2019 Flu Report

Flu season has arrived.

The Richland Public Health Flu Immunization Clinics are currently open to meet the needs of Richland County.

Please call 419-774-4700 to schedule an appointment.

PUBLIC HEALTH NURSING

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

WIC Services

New Participants 156
Recertifications 372
Other Contacts 476
Total Ashland & Richland Counties: 1,004

Richland Public Health
Prevent. Promote. Protect.
THE RICHLAND PUBLIC HEALTH "HEALTH REPORT" (PAGE TWO)

Child Passenger Safety Week

The goal of Child Passenger Safety Week (September 22-28) 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,” he added. “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 a call-in basis. 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 from ages 5 to 8 years old or under 49” tall.

Suicide Prevention Week

September 8-14 is National Suicide Prevention Week. The National Alliance on Mental Health (NAMI) offers resources on how community members and civic leaders can raise awareness through events, programs that people can get involved in, and organizations that provide help to people in need. Contact NAMI locally: 419-522-6264.

Suicide is preventable. Reducing the stigma associated with depression, anxiety, addiction and other mental health issues can, and will, save lives.

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 supply 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 United Nations (UN) as involving “forecasting and taking precautionary measures prior to an imminent threat when advance warnings are possible.”

VITAL STATISTICS

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

For July: 0 For 2019 to date: 3
Infant Mortality: Richland County
For July 0 For 2019 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
Community Health Services.......419-774-4761
WIC .............................................419-774-4560

Suicide is a major public health issue, and suicide prevention is an equal opportunity employer/provider of services.