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 2019, 276 men and 246 women died from heart disease. That represents 37% 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,” when 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. Women are more likely to report stomach discomfort.
• 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 keep from having a heart attack:

• 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 preventing 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 Shannon Nelson, CHPS Coordinator, at 419-774-4761. For additional heart information see www.heart.org or check the personal health links at richlandhealth.org.

2019-nCoV (Coronavirus) latest health alarm

On December 31 the World Health Organization (WHO) was alerted to several cases of pneumonia in Wuhan City (population 11 million) in the Hubei province of China. The virus did not match any known virus and was called a novel coronavirus.

By early February there were 25,000 cases in China (with 500 deaths), and 165 cases in 23 other countries with 11 cases in the U.S. WHO declared coronavirus a global health threat and the U.S. State Department had issued a Level 4 Travel Advisory: “Do Not Travel to China.”

Although this is a rapidly evolving situation, the Centers for Disease Control and Prevention (CDC) says the immediate health risk from 2019-nCoV to the general American public is considered low at this time.

Ohio’s public health system includes a team of local and state partners who perform daily monitoring of reportable diseases, including 2019-nCoV. The Ohio Department of Health and the CDC will be ready to respond if a case is reported in Ohio.

National Health Observances for February: American Heart Month; Children’s Dental Health Month; 9-15: Congenital Heart Defect Awareness Week; Feb. 7: Go Red for Women Day; Feb. 14: National Donor Day.

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.

Public Health Clinic December YTD

<table>
<thead>
<tr>
<th>Service</th>
<th>December</th>
<th>YTD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Immunizations (visits/includes TB)</td>
<td>287</td>
<td>3,447</td>
</tr>
<tr>
<td>International Travel (visits/consults)</td>
<td>10</td>
<td>134</td>
</tr>
<tr>
<td>STI/HIV Testing</td>
<td>5</td>
<td>53</td>
</tr>
<tr>
<td>Total Visits</td>
<td>302</td>
<td>3,634</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Service</th>
<th>December</th>
<th>YTD</th>
</tr>
</thead>
<tbody>
<tr>
<td>CMH (client visits)</td>
<td>11</td>
<td>307</td>
</tr>
<tr>
<td>Community Health Screenings</td>
<td>0</td>
<td>648</td>
</tr>
<tr>
<td>Influenza Vaccines (Flu Shots)</td>
<td>42</td>
<td>705</td>
</tr>
<tr>
<td>Lead Case Management</td>
<td>1</td>
<td>10</td>
</tr>
<tr>
<td>Newborn/Prenatal Home Visits</td>
<td>36</td>
<td>357</td>
</tr>
<tr>
<td>Cerebrospinal distributed</td>
<td>15</td>
<td>117</td>
</tr>
<tr>
<td>School Nurses (student care YTD)</td>
<td>301</td>
<td>3,827</td>
</tr>
</tbody>
</table>

COMMUNICABLE DISEASE REPORT

<table>
<thead>
<tr>
<th>Disease</th>
<th>Cases</th>
</tr>
</thead>
<tbody>
<tr>
<td>Infectious Diseases (other than flu)</td>
<td>13</td>
</tr>
<tr>
<td>Influenza (A &amp; B)</td>
<td>128</td>
</tr>
<tr>
<td>Hospitalizations due to influenza</td>
<td>9</td>
</tr>
<tr>
<td>Sexually Transmitted Infection</td>
<td>83</td>
</tr>
<tr>
<td>Chlamydia</td>
<td>60</td>
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<tr>
<td>Gonorrhea</td>
<td>23</td>
</tr>
<tr>
<td>Syphilis</td>
<td>0</td>
</tr>
<tr>
<td>HIV</td>
<td>0</td>
</tr>
</tbody>
</table>

WIC Services - Dec.

<table>
<thead>
<tr>
<th>Service</th>
<th>Cases</th>
</tr>
</thead>
<tbody>
<tr>
<td>New Participants</td>
<td>125</td>
</tr>
<tr>
<td>Recertifications</td>
<td>291</td>
</tr>
<tr>
<td>Other Contacts</td>
<td>403</td>
</tr>
</tbody>
</table>

Total Ashland & Richland Counties: 819
Sarah Humphrey begins term as Health Commissioner

Sarah Goodwill Humphrey was named Health Commissioner at Richland Public Health by the Board of Health on January 9, 2020 and began in that capacity on February 3.

Humphrey, Health Commissioner at the Ashland County Health Department since 2016, succeeds Martin Tremmel who announced his retirement in November after serving Richland Public Health since 2013. Tremmel will continue in an advisory capacity into March.

“Ms. Humphrey brings a deep personal commitment to public health and a life-long passion for prevention and community well-being,” said Richland Public Health Board Member Ary van Harlingen, who chaired the search committee. “The Board looks forward to working with Sarah and is confident that her leadership, guidance, vision, and energy will assure a seamless transition as we continue our mission to improve the health our Richland County communities.”

While Ashland Health Commissioner, Humphrey facilitated the collaboration of the Ashland City Council and Ashland County General Health District to reduce cost and service redundancy to create one Health Department. She then oversaw technological advancements to more efficiently and effectively provide services to the public.

Humphrey graduated from The Ohio State University in March 1999 with a BS in Animal Science from the College of Food, Agriculture, and Environmental Sciences. She began her career in public health as an Environmental Health Specialist and Registered Sanitarian for Holmes County General Health District from 2001 to 2003 and again from 2009 to 2012. She became a Tier 2 Epidemiologist in Holmes County from 2012 to 2016 while completing her Masters of Public Health (MPH) from the University of South Florida in December of 2015.

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Richland Public Health has 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.

Flu Outbreak in Ohio hits Richland County Hard

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. Then, try not to touch your eyes, nose or mouth.

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.

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

Flu Shots Still Important

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

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 Education and Communication Specialist, at 419-774-4726.

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.

Tremmel will continue in an advisory capacity into March.

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Alzheimers/Dementia ............................................. 9 .......................... 98

Heart Related ..................................................... 52 .......................... 522

Female .......................................................... 66 .......................... 683

Alcohol/Drug Overdose ......................................... 1 .......................... 7

Causes of Death

Female ......................................................... 66 .......................... 683

Suicides ......................................................... 1 .......................... 90

Female .......................................................... 66 .......................... 683

Deaths Pending Autopsy ................................. 6 .......................... 11

Other (not listed above) ................................. 20 .......................... 162

*repeat births = 2nd or more live births

Children: 0 .......................... 0

Births to Teens ............................................... 7 .......................... 79

Repeat Births* ........................................... 57 .......................... 729

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:

A: Alone, on Back, in a Crib.

S: Supine sleeping

E: Elevate legs

B: Breathing

C: Clearing the face

R: Room temperature

T: Timing

K: Knees bend

P: Position

S: Safe prop

K: Keep away

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

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People of all ages can be infected by the new coronavirus (2019-nCoV), but older people appear to be more vulnerable.

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