Richland Public Health Sponsors the Shawshank Hustle

Richland Public Health is an official race sponsor for the 2020 Shawshank Hustle which will be held virtually this year due to the coronavirus pandemic. Runners will record their own time in a 4.6 mile run and report it for results.

Richland Public Health will again be sponsoring the Guards vs. Inmates Challenge. Based on predicted finishing time that participants entered during registration, runners will be separated as fairly as possible into two teams: Guards and Inmates. The official “Shawshank Warden” will be racing against those teams on race day. The team with the most virtual participants who beat the Warden’s finishing time on race day will be declared the winner!

Ten (10) names from the winning team will be drawn at random (must be a finisher to win) and each of those ten participants will win a FREE pair of running shoes! Additionally, everyone on the winning team will receive a discount code for the 2021 event.

Richland Public Health will have a team of runners in the virtual race as well. Last year, two of our runners were among the top three in their age category. We can tell you this person here is our own Lindsey Pitaš who placed in her age group in 2019 and is racing again for us this year.

August Heat

August normally means the heat is on, and Richland Public Health is reminding people to be aware of heat-related illnesses such as heat stroke and heat exhaustion when the body’s temperature-control system is overloaded. Particularly at risk are infants and children up to 4 years old and people 65 and older. Please check on family, neighbors and pets during these hot days and NEVER leave a child in a car.

For more information, including warning signs, see richlandhealth.org

Child Immunizations by Appointment

Richland Public Health will begin taking appointments immediately for immunizations for children age 0 to 18. The appointments will be scheduled on a first come, first served basis. Appointment slots will be available Monday through Thursday beginning on August 3.

Call 419-774-4700 to make an appointment. When making an appointment, a working call back number will be required. Public Health Nurses will call prior to your appointment to verify information about your child to speed the process on arrival. Please have your child(ren)’s immunization records available during the call. All immunizations will be given in the Corley Room (back parking lot, lower level) at Richland Public Health, 555 Lexington Ave., Mansfield. Due to the coronavirus pandemic, safety protocols are in place and masks are required.

Richland Public Health is reminding parents of students just starting Kindergarten and those entering 7th grade and 12th grade that certain shots are required and recommended.

For questions about immunizations, please call Richland Public Health Clinic at 419-774-4700.

National Health Observances for August: National Breastfeeding Month; Immunization Awareness Month; August 1-7: World Breastfeeding Week.

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

PUBLIC HEALTH NURSING

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 

Public Health Clinic June YTD

Immunizations (visits/excludes TB)........... 0 .... 459
International Travel (visits/consults)......... 0 .... 19
STI/HIV Testing ...................................... 0 .... 5
Total Visits ............................................ 0 .... 483

For Clinic Appointments for child, adults, travel, and shingles vaccine as well as flu shots: call 419-774-4700.

Walk-ins are welcome.

Public Health Nursing June YTD

CMH (client visits) ............................... 3 .... 73
Community Health Screenings .............. 0 .... 62
Influenza Vaccines (Fl Shots) ............... 0 .... 55
Lead Case Management ..................... 0 .... 2
Newborn/Prenatal Home Visits ............. 9 .... 116
Cribettes distributed ............................ 4 .... 40
School Nurses (student care YTD) .......... 0 .... 941

Communicable Disease Report

Infectious Diseases (other than flu)...... 131 .... 406
Influenza (A & B) ......................... 0 .... 1,043
Hospitalizations due to Influenza ........ 5 .... 94
COVID-19 (coronavirus) ............ 111 .... 290
Sexually Transmitted Infection

STI Positive Results .................. 69 .... 356
Chlamydia ................................. 45 .... 246
Gonorrhea ................................. 24 .... 110
Syphilis ........................................ 0 .... 0
HIV ............................................ 0 .... 0

WIC Services - June

New Participants ........................... 166
Recertifications ............................ 327
Other Contacts ............................. 499

Total Ashland & Richland Counties: 992

Website: richlandhealth.org Facebook: Richland Public Health Twitter: @RichlandHealth1 Instagram: RichlandHealth YouTube: Richland Health

The Shawshank Hustle is VIRTUAL this year.

Make sure your children are up-to-date on required vaccinations. If schools reopen, this will be required for some grades. But immunizations are always important for keeping children safe from preventable diseases.
Breastfeeding Awareness Month

August is Breastfeeding Awareness Month in Ohio and Aug 1-7 is World Breastfeeding Week (WBW). The last week in August is celebrated as Black Breastfeeding Week. Research suggests that breastfeeding is a key modifiable factor for disease for both mothers and infants.

The American Academy of Pediatrics (AAP) and the World Health Organization (WHO) recommend exclusive breastfeeding for the first six months of life and continued breastfeeding with the addition of appropriate solid food for the first year and beyond.

The Centers for Disease Control and Prevention (CDC) report that Ohio’s 2018 breastfeeding initiation rate of 81.9 percent ranks 36th in the nation. For this year’s Breastfeeding Awareness Month, Ohio will adopt the theme “Support Breastfeeding for a Healthier Planet.” This theme focuses on the impact of infant feeding on the environment/climate change and the imperative to protect, promote, and support breastfeeding for the health of the planet and its people.

The CDC also states that rates of breastfeeding duration and exclusivity are lower among black infants than among white infants. Increasing rates of breastfeeding initiation and supporting continuation of breastfeeding among Black women might help reduce disparities in breastfeeding duration. Strategies might include improving peer and family support, access to evidence-based maternity care, and employment support.

“In light of the monetary and life-saving benefits of breastfeeding, all elements of the community must cooperate and support breastfeeding,” said Bethany Haring, Richland/Ashland County WIC Supervisor and Breastfeeding Coordinator. “Ultimately, our whole society benefits from having healthier mothers, babies and children when breastfeeding is promoted, protected and supported.”

Breastfeeding is a personal choice, but communities play a vital role in informing and supporting a mother’s decision to breastfeed her baby. Returning our communities back into a breastfeeding supportive culture will take efforts by family, friends, employers, educational institutions, hospitals and businesses.

Coronavirus (COVID-19) Pandemic Update

The coronavirus pandemic continues to affect the lives of millions of people in the United States and billions worldwide. After shuttering down schools in March of 2019, the pandemic threatens the opening of schools in August of 2020.

Richland Public Health continues to stay abreast of important and evolving health information to protect our citizens. We have several pages of coronavirus information on our website (richlandhealth.org) and continue to update those pages frequently, including the data from local, Ohio, U.S., and global cases.

As of August 1, 2020, Richland County was Level 1 (Yellow) in the Ohio Public Health Advisory System. Residents are reminded that Ohio Governor Mike DeWine has made wearing masks mandatory statewide (see richlandhealth.org/masks).

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.

Infant Mortality: Richland County

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<th>For June:</th>
<th>For 2020 to date:</th>
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<td>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. <strong>KNOW the SAFE SLEEP ABCs:</strong> Alone, on Back, in a Crib.</td>
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The Richland Public Health “Health Report” is a monthly production of the office of Community Health and Prevention Sciences. Suggestions and corrections, including mailing label corrections, are welcome. Call Reed Richmond, Health Education & Communications Specialist, at 419-774-4726.

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