

See Your Way Toward a Steadier You (from Steady U Ohio)

We depend on our vision for balance and to keep us safe in different environments. However, age-related eye diseases increase the likelihood that you could experience a debilitating fall. Poor vision can inhibit your mobility and contribute to accidents. Ohioans age 65 and older who have an age-related eye disease are 50 percent more likely to fall according to the Ohio Department of Health. Of those who fall, 20 to 30 percent suffer moderate to severe injuries that make it hard for them to get around or live independently.



Eye diseases can lead to falls and those falls can also result in eye injuries. Falls are the leading cause of eye injury, according to research from the American Academy of Ophthalmology.

The Centers for Disease Control and Prevention (CDC) recommends that all older adults have a yearly eye exam and wearing corrective lenses as prescribed are important to help prevent falls. However, multifocal lenses, such as bifocals or progressive lenses, can affect your ability to move safely. Talk to your eye care professional about the best way to get used to your new glasses, as well as options, such as a pair of single-focus lenses to use when you are moving around.

Other ways to maximize vision minimize falls include:

- Invest in good lighting and turn the lights on when it is dark.
- Use the highest-wattage bulbs recommended for your light fixtures.
- Add contrast (light on dark colors or vice versa) to household items, such as steps and bathroom fixtures.
- Wear sunglasses or a hat with a brim to reduce sun glare outdoors.

Say NO Mosquitoes!



Picture from the CDC of the type of mosquito known to carry Zika virus.

Richland Public Health's mosquito messaging the next several months will be on eliminating mosquito breeding grounds before they have a chance to get their populations growing.

For home owners, that means eliminating anywhere standing water may pool for seven days or more.

In addition to be annoying, there's the possibility of mosquito-borne diseases like West Nile virus.

To find out more about what you can do to say "NO" to mosquitoes, see our information page on our website: richlandhealth.org/our-community/mosquitoes.

When it becomes necessary, the web page above will also contain the weekly mosquito spraying schedule.

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.

Look for Motorcycles

May is Motorcycle Safety Awareness Month. Look twice at intersections to check for motorcycles. Share the road.

In addition to being National Bike Month, May is also **National Bike Helmet Safety Awareness Month**. Makes sense, doesn't it?

Each year, 51,000 people are injured nationwide by not wearing a bike helmet.

Since 2011, the Ohio AAP (American Academy of Pediatrics) has operated the Put a Lid on It! Campaign to promote Bike Helmet Safety Awareness and more than 57,000 helmets have been given out.

Richland Public Health has participated in the FREE bike helmet program for three years. This year's distribution is pending due to the pandemic.



Health Educator Reed Richmond helps fit a new bike helmet on a visitor to last year's Minority Health Fair.

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.

	March . .	YTD
Total Births (all ages)	98 . . .	299
Births to Teens.....	7	23
Repeat Births*.....	55 . . .	192

	March . .	YTD
Total Deaths	127 . . .	385
Male.....	63 . . .	190
Female.....	64 . . .	195

Causes of Death

Heart Related.....	37 . . .	114
Cancer.....	18 . . .	71
Lung Diseases.....	13 . . .	39
Alzheimers/Dementia.....	12 . . .	39
Strokes/CVA.....	8	20
Renal/Kidney.....	8	18
Flu/Pneumonia.....	4	12
Accidents (drugs/falls/crashes).....	5	5
Suicides.....	2	2
Homicides.....	0	1
Infant Mortality (see below).....	0	0
Deaths Pending Autopsy.....	3	15
Other (not listed above).....	16	45

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

Infant Mortality: Richland County

For March: 0 **For 2020 to date: 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 to infant 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
Com. Health & Prev. Sciences.....	419-774-4761
WIC.....	419-774-4560

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