

March is National Nutrition Month

National Nutrition Month[®] is an annual campaign created by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits.



This year's theme is "Personalize Your Plate." There is no one-size-fits-all approach to nutrition and health. We are all unique with different bodies, goals, backgrounds and tastes! And a registered dietitian or nutritionist can tailor a healthful eating plan that is as special as you are.

This year's campaign is focused on four steps:

1) Cook & Prep: Learn skills to create tasty meals to share and enjoy.

- 2) Meal Planning: Enjoy healthful eating at school, work & home.
- 3) Vary Your Diet: Eat a variety of nutritious foods every day.
- 4) Visit an RDN: See a <u>Registered Dietitian Nutritionist</u>.

A healthy eating pattern includes (1) a variety of vegetables - dark green, red and orange, legumes, starchy and other vegetables; (2) fruits - especially whole fruit; (3) grains - at least half of which are whole grain; (4) fat-free or low-fat dairy; (5) a variety of protein foods and (6) oils, including those from plants.

Richland Public Health has eight Dieticians and Nutritionist Assistants in the Women, Infants, Children (WIC) Program promoting 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.

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.



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 14-20 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; Children's Dental Health Month; March 8-14: Groundwater Awareness Week; March 24: World TB Day; March 24: American Diabetes Alert 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.

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Public Health Clinic January YTD
Immunizations (visits)
International Travel (visits/consults) 00
Nurse Appointments 0 0
COVID/Other Vaccinations 1,5251,535
Total Visits
For Clinic Appointments for child, adult, travel, and
shingles vaccine as well as flu shots: call 419-774-4700.
All visits to the Clinic are by appointment.
Public Health Nursing January YTD
CMH (client visits)
Community Health Screenings (postponed/covid)
Influenza Vaccines (Flu Shots)II
Lead Case Management0
Newborn/Prenatal Home Visits
Cribettes distributed6
School Nurses (student care YTD) 134 134

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COMMUNICABLE DISEASE		τ
Infectious Diseases (not flu/sti/covid)	19	19
Influenza (A & B)		3
Hospitalizations due to Influenza	0	0
COVID-19 (coronavirus)	1,854	. 1,854
Hospitalizations due to COVID-19	101	101
Sexually Transmitted Infection		
STI Positive Results	76	76
Chlamydia		54
Gonorrhea	20	20
Syphilis		2

WIC Services - January	
New Participants	192
Recertifications	312
Other Contacts	367
Total Ashland & Richland Counties:	871

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

HEALTH REPORT

March is Children's Dental Health Month

Did you know that dental disease is the most common chronic illness for children in the U.S.? About 20% of children between the ages of 5 to 11 have at least one untreated decayed tooth. While dental disease is preventable, the American Dental Association says dental care is the most common unmet health need of children.

Through funding from the Richland County Foundation and donations from national and local organizations, Richland Public Health has introduced the "Smile BIG Richland!" Pediatric Dental Health Program. Our mission is to educate and prevent the prevalence of tooth decay in youth between the ages of 0 to 18.

Early childhood tooth decay has become the most common chronic childhood disease, impacting more children than asthma. According to the ADA, more than 40% of children have tooth decay by the time they reach Kindergarten. Additionally, kids who suffer from poor oral health are three times more likely to miss school as a result of dental pain.



You can contact Kashema Ginn, Health Educator at Richland Public Health, about getting a FREE dental health backpack for your children between ages 0-18. Call her at 419-774-4723 or email: kginn@richlandhealth.org. For additional information, go to richlandhealth.org/dental

COVID-19 Vaccination Information

Our COVID-19 Vaccine Registration Number is 866-395-1588.

We expect to continue vaccinating individuals in the age group 60 and older as well as other individuals qualified under Phase 1C for many weeks. Until all Richland County providers get a larger allotment of vaccines, scheduling will continue to be difficult. The good news is that the one-dose Johnson and Johnson COVID-19 vaccine has been approved by the FDA. The will make more doses available.

Please be patient. We want to make sure everyone who wants a COVID-19 vaccination can get one.

Additonal providers are being added in Richland County regularly. See our website at richlandhealth.org/vaccine-registration for updates. On that page you'll also find links to how Ohio's total vaccinations are progressing and the entire list of COVID-19 providers in Ohio.

COVID-19 Case	s as of ſ	Narch 1	, 2021
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Location	Total Cases	Deaths	Total Recovered
Richland County	10,207	207*	9,814
Ohio	968,874	17,346	911,474
United States	28,614,504	513,393	19,695,321
Worldwide	114,280,281	2,534,195	64,517.281

*Total deaths for Richland County due to COVID-19 is dependent on the filing of death certificates listing cause of death. This number is as of 3/1/2021.

Sciences Division. Suggestions and corrections, including mailing label corrections, are welcome. Call Reed Richmond, Health Education and Communications Specialist, at 419-774-4726 or email rrichmond@richlandhealth.org

"He who has health has hope; and he who has hope has everything."

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.

774-4500.	January	YTD
Total Births (all ages)		110
Births to Teens		
Repeat Births*	76	76
	January	YTD
Total Deaths		194
Female		103
Male		91
Causes of Death		
Heart Related	54	54
COVID-19 (coronavirus)		49
Cancer		16
Lung Diseases		15
Alzheimers/Dementia	9	9
Strokes/CVA	8	8
Renal/Kidney		4
Accidents (drugs/falls/crashes)	2	2
Flu/Pneumonia		
Suicides		1
Infant Mortality (see below)		1
Homicides	0	0
Other (not listed above)		26
Deaths Pending Autopsy		
*repeat births = 2nd or more li Birth & Death statistics include	City of Shelby	
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	Child Deaths in Richland County
	For January: 1 For 2021: 1
	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:
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CHPS (Health Education)419-774-4761

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