

Richland Public Health Sponsors the Shawshank Hustle

Richland Public Health is an official race sponsor for the 2021 Shawshank Hustle which will be held in Mansfield as well as virtually on August 14. The 7K race starts and finishes at the historic Mansfield Reformatory after weaving it's way through downtown Mansfield.

Richland Public Health will again be sponsoring the **Guards vs. Inmates Challenge**. The official "Shawshank Warden" will be racing against teams made of up Guards and Inmates on race day. The team with the most participants who beat the Warden's finishing time on race day will be declared the winner and eligible for a prize drawing of free running shoes. Additionally, everyone on the winning team will receive a discount code for the 2022 event.

Richland Public Health will have a team of runners in the race as well. In 2019, two of our runners were among the top three in their age category.



The huge group of runners going uphill through downtown Mansfield.

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 the summer safety information at richlandhealth.org

Neighborhood Immunizations and Community Health Screenings

Richland Public Health is announcing the return of the popular Neighborhood Immunization Clinics and Community Health Screenings programs that were cancelled in 2020 due to pandemic safety concerns.

The Neighborhood Immunizations return just as the nation recognizes August as National Immunization Month. Public Health officials across the United States have indicated many children are behind on their routine immunizations due to the pandemic. Neighborhood Immunization Clinics offer an excellent opportunity to "catch-up" on needed childhood vaccinations. In addition, some vaccinations are required for returning to school or college. Adult immunizations are available, but adults are asked to call first to make sure of vaccine availability.

Neighborhood Immunization Clinics offer an opportunity to bring individuals up-to-date on their recommended vaccinations. Public Health Nurses visit sites throughout Richland County that may be more convenient. In addition, COVID-19 vaccines for ages 12 and older are available.

There are 13 Neighborhood Immunization Clinics scheduled for the months of August, September, October, November and December at seven different locations. The entire schedule is available at <https://richlandhealth.org/our-community/community-neighborhood-immis> or by clicking on the Events listing in the main menu at richlandhealth.org. The schedule is also available on the 24-hour Immunization Hotline 419-774-8115.

In the same manner, **Community Health Screenings** are an easy way to check your health status between visits to your primary care physician.

There are 25 no-cost screenings scheduled for the months of August, September, October and November at 12 locations. The entire schedule is available at <https://richlandhealth.org/our-community/community-health-screenings/> or by clicking on the Events listing in the main menu at richlandhealth.org.

The services, for all adults, include the following:

- Blood Pressure Reading (no cost)
- Blood Sugar Check (no cost - 3-hour fast preferred)
- Anemia Check (no cost)
- Education and Referrals (no cost)
- Cholesterol screenings are also available at each location for \$12 and require a 12-hour fast.

National Health Observances for August: National Breastfeeding Month; Immunization Awareness Month; National Eye Exam Month; **August 1-7:** World Breastfeeding Week; **August 8-14:** National Health Center Week; **August 15:** National Relaxation Day; **August 30:** Grief Awareness Day.

Website: richlandhealth.org **Facebook:** [Richland Public Health](https://www.facebook.com/RichlandPublicHealth) **Twitter:** [@RichlandHealth1](https://twitter.com/RichlandHealth1) **Instagram:** [RichlandHealth](https://www.instagram.com/RichlandHealth) **YouTube:** [Richland Health](https://www.youtube.com/RichlandHealth)

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	June	YTD
Immunizations (visits).....	77 . . .	173
International Travel (visits/consults).....	2	2
Nurse Appointments.....	0	0
COVID/Other Vaccinations.....	259 . . .	8,307
Total Visits.....	261 . . .	8,482

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	June	YTD
CMH (case contacts).....	521	2,435
Community Health Screenings.....	0	0
Influenza Vaccines (Flu Shots).....	0	4
Lead Case Management.....	0	4
Newborn/Prenatal Home Visits.....	23	60
Cribs distributed.....	9	34
School Nurses (student care YTD).....	7	749

COMMUNICABLE DISEASE REPORT

Infectious Diseases (not flu/sti/covid).....	32 . . .	105
Influenza (A & B).....	0	6
Hospitalizations due to Influenza.....	0	0
COVID-19 (coronavirus).....	86 . . .	3,722
Hospitalizations Due to COVID-19.....	12	273

Sexually Transmitted Infection

STI Positive Results.....	61 . . .	382
Chlamydia.....	48 . . .	292
Gonorrhea.....	13	78
Syphilis.....	0	4

WIC Services - June

New Participants	176
Recertifications	126
Other Contacts	358
Total Ashland & Richland Counties:	660



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.



Ria Rodriguez is a Breastfeeding Peer Helper in the Richland Public Health WIC offices.

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.

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.

COVID-19 Vaccination Information

All adults ages 18 and older can get a COVID-19 vaccination using either the two-dose Moderna and Pfizer vaccines or the one-dose Johnson and Johnson vaccine. Individuals 12 and older can get the Pfizer vaccines (Moderna is pending approval).

Our registration number is 419-774-4700. See richlandhealth.org/vaccine-registration for updates and contacts for all Richland County providers.

As of August 1, Richland County had vaccinated 43,727 with at least one dose of the vaccine and Ohio had vaccinated 5.77 million individuals.

COVID-19 Cases as of August 1, 2021 (cases since 12/31/2019)

Location	Total Cases	Deaths	Active Cases
Richland County	11,845	216	120
Ohio	1,131,029	20,484	18,116
United States	35,771,821	629,391	5,468,766
Worldwide	198,614,523	4,229,142	15,203,281

The Richland Public Health "Health Report" is a monthly production of the Community Health and Prevention 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

“Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity.”
World Health Organization

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.

	June . .	YTD
Total Births (all ages)	123 . . .	670
Births to Teens.....	9	42
Repeat Births*.....	76	424
	June . .	YTD
Total Deaths	93	774
Female.....	41	366
Male.....	52	408
Causes of Death		
Heart Related.....	31	241
Cancer.....	23	125
COVID-19 (coronavirus).....	1	83
Alzheimers/Dementia.....	5	50
Lung Diseases.....	6	43
Accidents (drugs/falls/crashes).....	5	41
Strokes/CVA.....	1	31
Renal/Kidney.....	2	24
Flu/Pneumonia.....	1	17
Suicides.....	1	8
Parkinson's.....	1	6
Homicides.....	1	4
Other (not listed above).....	4	77
Deaths Pending Autopsy.....	11	23

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

Infant Mortality: Richland County

For June: 0 **For 2021 to date: 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 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 Sciences.....	419-774-4761
WIC.....	419-774-4560

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RETURN SERVICE REQUESTED

