## Falls Prevention Awareness Month

September 22 not only marks the start of the fall season, but it is also National Falls Prevention Awareness Day. Throughout the month, the Ohio Department of Aging's STEADY U Ohio initiative, and its partner organizations, are drawing attention to the epidemic of falls among older adults, with a simple message: Most falls can be prevented!

According to the Ohio Department of Health, an older Ohioan falls every minute on average, resulting in an injury every five minutes, nine emergency department visits every hour, two hospitalizations each hour, and three deaths each day. The number of fatal falls among older Ohioans has increased more than 74 percent since 2007.

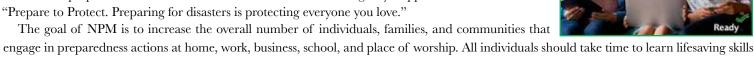
Some people mistakenly believe that falls are a normal part of the aging process. It is true that our risk for falls increases as we age due mainly to body changes. But there are many things we can do to keep those changes in check or compensate for them.

- Walk at least 15 minutes daily to build muscle strength and improve balance.
- Take a program like Tai Chi or "A Matter of Balance" to give you tools to build balance, strength, and flexibility.
- Talk to your doctor and ask for a falls risk assessment. Talk about the medicines you take and your history of falls.
- Get your vision and hearing checked at least one time each year.
- · Drink plenty of fluids and eat a well-balanced diet.

Visit www.steadyu.gov and follow along on Facebook and Twitter for tips and resources to help you prevent falls.

## **National Preparedness Month**

National Preparedness Month (NPM) is recognized each September to promote family and community disaster and emergency planning now and throughout the year. It's an opportunity to remind us that we all must prepare ourselves and our families for when an emergency happens. The 2021 theme is



such as CPR and first aid, and check insurance policies and coverage for the hazards you may face, such as flood, earthquakes, and tornadoes. Make sure to consider the costs associated with disasters and save for an emergency. Also, know how to take practical safety steps like shutting off water and gas.

The current pandemic, the recent Hurricane Ida, and the wildfires of this and the past two years have reminded the nation of the importance of preparing for disasters. Often, we will be the first ones in our communities to take action after a disaster strikes and before first responders arrive, so it is important to prepare in advance to help yourself and your community.

Richland Public Health also has plenty of local disaster information at our emergency preparedness page. It's located under the "Your Home" link at richlandhealth.org.

## 2021 Flu Immunizations start in October

Richland Public Health will begin its annual flu immunization clinics in October, reports Amy Schmidt, Director of Nursing. "We would like to see you get your annual flu shot before flu starts spreading in our community. Since it takes about 2 weeks to develop the antibodies, you should get the flu vaccine before the end of October. This timing is best for protection during the flu season which typically peaks between December and March," Schmidt said.

How flu shot clinics will be handled by Richland Public Health is still in the planning process, but safety protocols will be in place for getting flu shots during the COVID-19 pandemic. More details will be available at richlandhealth.org when finalized.

#### **About Flu and COVID-19**

Will there be flu along with COVID-19 in the fall and winter? The CDC believes it's likely that flu viruses and the virus that causes COVID-19 will both be spreading. In this context, getting a flu vaccine will be very important, not only to reduce your risk from flu but also to help conserve potentially scarce health care resources. CDC recommends that all people 6 months and older get a yearly flu vaccine.

Can I have flu and COVID-19 at the same time? Yes. It is possible to contract flu and COVID-19 at the same time.

Will a flu vaccine protect me against COVID-19? Getting a flu vaccine will not protect against COVID-19. However, flu vaccination has many other important benefits. Flu vaccines have been shown to reduce the risk of flu illness, hospitalization and death.

National Health Observances for September: Falls Prevention Month; Preparedness Month; Cholesterol Education Month; Healthy Aging Month; Food Safety Education Month; Ovarian Cancer Prevention Month; 5-11: Suicide Prevention Week; 19-25: Child Passenger Safety Week; 10: Suicide Prevention Day; 15: Get Ready Day; 22: National Prevent Falls Day; 28: World Rabies Day; 29: World Heart 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	July	YTD
Immunizations (visits)	142.	315
International Travel (visits/consults)	4.	6
Nurse Appointments	0 .	0
COVID/Other Vaccinations	49.	8,356
Total Visits	195.	8,872

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	July	YTD
CMH (case contacts)	369	2,811
Community Health Screenings	0	0
Influenza Vaccines (Flu Shots)	0	4
Lead Case Management	1	5
Newborn/Prenatal Home Visits	23	83
Cribettes distributed	7	41
School Nurses (student care YTD)	0	749

#### COMMUNICABLE DISEASE REPORT

COMMONICABLE DISEASE	INEFUN	<u>. I</u>
Infectious Diseases (not flu/sti/covid)	33	138
Influenza (A & B)	0	6
Hospitalizations due to Influenza	0	0
COVID-19 (coronavirus)	166	.3,888
Hospitilizations Due to COVID-19	20	293
Sexually Transmitted Infection		
CTI Desitive Descrite	E 2	42E

STI Positive Results	53 43.	5
Chlamydia	36 32	8
Gonorrhea		
Syphilis	0	4

### **WIC Services - July**

New Participants Recertifications Other Contacts



131 80 520

**Total Ashland & Richland Counties:** 

## HEALTH REPORT (PAGE TWO)

## **Child Passenger Safety Week**

The goal of Child Passenger Safety Week (September 19-25) is to make sure all children are secured properly in appropriate seats – every trip, every time. Parents and caregivers are urged to make sure their child safety seats and booster seats are properly installed and used in their vehicles.

"Motor vehicle crashes are a leading killer of children," said Reed Richmond, Health Educator and certified Child Passenger Safety (CPS) Technician at Richland Public Health. "Using car seats that are age- and size-appropriate and installed correctly is the best way to keep your child safe."

Richland Public Health conducts child car seat checks on a call-in basis. Call 419-774-3541 to schedule an appointment. For more information on Child Passenger

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Safety see the car seat information at **richlandhealth.org** (type "Child Car Seat" in the search box for fastest access) or call Ria Rodriguea at 419-774-3541. Parents and caregivers can view more information on car seat safety and locate other certified technicians at www.safercar.gov/parents.

Booster Seats are required from ages 5 to 8 years old or under 4'9" tall.

## **Suicide Prevention Week**



September 5-11 is National Suicide Prevention Week.

The National Alliance on Mental Health (NAMI) offers resources on how community members and civic leaders can raise awareness through events, programs that people can get involved in, and organizations that provide help to people in need. Contact NAMI locally: 419-522-6264.

Suicide is preventable. Reducing the stigma associated with depression, anxiety, addiction and other mental health issues can, and will, save lives.

## **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.

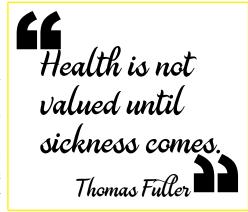
Our registration number is 419-774-4700. See richlandhealth.org/vaccine-registration for updates and contacts for all Richland County providers.

As of September 1, Richland County had vaccinated 46,540 with at least one dose of the vaccine and Ohio had vaccinated 6.08 million individuals.

#### COVID-19 Cases from August 1 to Sept. 1, 2021

Location	Cases	Deaths	Hospitalized
Richland County	1,791	4	50
Ohio	93,946	205	3,399
United States	3,960,166	25,694	not available
Worldwide	18,141,827	273,412	not available

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.



### 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.

	July	YTD
Total Births (all ages)	141	811
Births to Teens	10	52
Repeat Births*		
	Luke	VTD
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Total Deaths		
Female		
Male	46	454
Causes of Death		
Heart Related	35	277
Cancer	13	138
COVID-19 (coronavirus)		
Alzheimers/Dementia		
Accidents (drugs/falls/crashes)	2	49
Lung Diseases		
Strokes/CVA		
Renal/Kidney	6	30
Flu/Pneumonia		
Suicides	0	8
Parkinson's	2	8
Homicides	0.	5
Other (not listed above)	9	86
Deaths Pending Autopsy	11	25
*repeat births = 2nd or more live bir	rths	
Birth & Death statistics include City of Shelby		

# Infant Mortality: Richland County For July: 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 occuring 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	

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

