September is National Suicide Prevention Month ~ It’s Okay to Talk about Suicide

September 18-24 Suicide Prevention Awareness Week

- Thoughts of giving up and suicide can be frightening.
- Not taking these kinds of thoughts seriously can have devastating outcomes.
- Suicide is a serious and PREVENTABLE public health problem. End the stigma.

**Need to TALK?**

24/7 Crisis Helpline if you are in crisis and need immediate help, please call 419-522-4357 (HELP)

24/7 Warmline if you are not in crisis but need to talk, please call 419-522-5300

If the meaning of your life is lost. Ask someone for help finding it.

Falls Facts
- *1/4 of Americans age 65+ fall each year.
- *One out of five falls cause serious injuries.
- *Falls cause 95% of hip fractures.
- *Falls cause the most Traumatic Brain Injuries.

Falls Prevention Awareness Month

September 18-24, 2022 Falls Prevention Awareness Week

**Decrease Your Fall Risk**

**Talk to Your Doctor**
- Have your eyes and feet checked at least once per year.
- Know your risk for falls by discussing and understanding any diagnosis and medications that may cause instability or dizziness.

**Eat a Balanced Diet**
- Eat foods rich in calcium, Vitamin D and stay hydrated.

**Do Strength and Balance Exercises**
- Exercises like Tai Chi can improve strength, coordination, balance and confidence.
- Keep Your Home Safe
  - Keep floors and stairs free of clutter, throw rugs, and loose carpet/tiles.
  - Use grab bars in bathrooms and hand rails near stairs.
  - Use appropriate footwear and lighting for walking and moving safely.

**Enlist the Support and Assistance of Family and Friends**
- If you fall, get medical treatment for any injury. Assess the cause and reduce your fall risk.

Visit [richlandhealth.org](http://richlandhealth.org) for more information about community health screenings.

*National Health Observances September: Cholesterol Education Month; Healthy Aging Month; Food Safety Education Month; Ovarian Cancer Prevention Month; 16 World Alzheimer’s Day; 28: World Rabies Day; 29: World Heart Day.*

**Public Health Nursing**

Health services are for Richland County residents of all ages. Services are provided through our on-site clinic, in the community and through our home visits.

<table>
<thead>
<tr>
<th>Service</th>
<th>July YTD</th>
<th>YTD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Public Health Clinic</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Immunizations (visits)</td>
<td>359</td>
<td>1,075</td>
</tr>
<tr>
<td>International Travel (visits)</td>
<td>20</td>
<td>46</td>
</tr>
<tr>
<td>Nurse Appointments</td>
<td>57</td>
<td>266</td>
</tr>
<tr>
<td>Vaccinations (COVID/Other)</td>
<td>49</td>
<td>623</td>
</tr>
<tr>
<td>Total Visits</td>
<td>255</td>
<td>1,413</td>
</tr>
</tbody>
</table>

All visits to the clinic are by appointment.

Call 419-774-4700 to schedule an appointment.

**WIC Services - July**

- New Participants: 164
- Recertifications: 109
- Other Contacts: 555
- Total Ashland & Richland Counties: 828

*Suggested activities for older adults to stay active and stay safe.*

- **BE THE TO ASK**
  - BE THERE
  - KEEP THEM SAFE
  - CONNECT THEM TO RESOURCES
  - FOLLOW UP

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  - September 18-24, 2022 Falls Prevention Awareness Week

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**Web:** [richlandhealth.org](http://richlandhealth.org)  
**Facebook:** Richland Public Health  
**Twitter:** @RichlandHealth1  
**Instagram:** RichlandHealth  
**YouTube:** Richland Health
Richland Public Health (RPH) encourages car seat and seat belt use.

**Crash** noun
A violent collision, typically of one vehicle with another or with an obstacle.

**Newton’s first law of motion** states that if a body is at rest or moving at a constant speed in a straight line, it will remain at rest or keep moving in a straight line at a constant speed unless it is acted upon by a force (stopped).

**This means** when riding in a vehicle, the vehicle and all its passengers are all objects in motion, traveling at the same speed. A crash causes a sudden stop of a vehicle, while the people remain in motion until something also stops them from moving. A child’s properly fitting car seat harness (the outside force) slows or stops the child’s movement. Seat belts (the outside force) protect older children and adults in the same way and also keep people positioned in front of an airbag to help reduce the impact in a crash and may saves lives.

***Did you know?***
Three out of four crashes occur within 25 miles of home.

**Remember**
*Use the manufacturer installation instructions for all car seats or booster seats.*

*Make sure everyone in the vehicle is buckled in an age appropriate and size appropriate car seat, booster seat or seat belt.*

**Richland Public Health’s Child Passenger Safety Technicians** will assist you with any car seat and booster seat installation FREE of Charge or inspect your current installation FREE of Charge.

Call 419-774-3541 today for an appointment.

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**VITAL STATISTICS**

The Vital Statistics division maintains records of all births and deaths in Richland County since 1908. For information on obtaining a birth certificate, visit our website at richlandhealth.org or call 419-774-4500.

<table>
<thead>
<tr>
<th>July</th>
<th>YTD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Births (all ages)</td>
<td>117</td>
</tr>
<tr>
<td>Births to Teens</td>
<td>6</td>
</tr>
<tr>
<td>Repeat Births*</td>
<td>75</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>July</th>
<th>YTD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Deaths</td>
<td>130</td>
</tr>
<tr>
<td>Female</td>
<td>67</td>
</tr>
<tr>
<td>Male</td>
<td>63</td>
</tr>
</tbody>
</table>

**Causes of Death**

- Accidents (drugs/falls/crashes) | 8 | 53 |
- Alzheimer's/Dementia | 4 | 82 |
- Cancer | 25 | 177 |
- COVID-19 (Coronavirus) | 5 | 92 |
- Flu/Pneumonia | 3 | 41 |
- Heart Related | 31 | 282 |
- Homicides | 1 | 5 |
- Lung Diseases | 5 | 52 |
- Renal/Kidney | 2 | 44 |
- Strokes/CVA | 7 | 39 |
- Suicides | 1 | 22 |
- Other (not listed above) | 32 | 147 |
- Deaths Pending Autopsy | 6 | 9 |

*Repeat Birth= two or more live births

Birth & Death statistics include City of Shelby.

Deaths of residents occurring outside of Richland County are not reflected in county death statistics.

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Infant Mortality: Richland County

**July:** 0

Year 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. Remember:

SAFE SLEEP ABC’s: Alone, on Back, in a Crib.

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odh.ohio.gov/know-our-programs/child-injury-prevention/child-passenger-safety/

https://www.safekids.org/blog/5-basic-car-seat-rules-every-parent-needs-know

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GET YOUR VACCINES!

Call 419-774-4700 for appointment

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The Richland Public Health "Health Report" is a monthly production of the Community Health & Prevention Sciences Division. Suggestions and corrections, including mailing label corrections, are welcome. Call Renda Cline, Health Education and Communications Specialist, at 419-774-4726 or email rcline@richlandhealth.org

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September 15 Get Ready Day

Register for Richland County Alerts at entry.inspironlogistics.com/richland_oh/wens.cfm

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**Calling the Health Department**

Main Number: 419-774-4500
Environmental Health: 419-774-4520
Public Health Clinic: 419-774-4700
Public Health Nursing: 419-774-4540
WIC: 419-774-4560

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National Preparedness Month

September 15 Get Ready Day

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