March is Women's History Month Theme - Celebrating Women Who Tell Our Stories

Women have lead the way in all facets of American History. Here are just a few names of women in history who created space and paved the way for others to follow their footsteps.

1849-Dr. Elizabeth Blackwell was the first woman in the United States to earn a medical degree.
1854-56 Florence Nightingale, transformed environmental influences on health: air and water quality, ventilation, hygiene, nutrition.
1864- Dr. Rebecca Lee Crumpler, the first Black woman in the United States to earn a medical degree.
1889- Dr. Susan La Flesche Picotte the first Native American woman doctor.
1916 Margaret Chung, the first American-born Chinese woman doctor.
1951- Lilian Ann Baumbach Jacobs, first woman Master Plumber.
1990-Antonia Novello became the first woman and first Hispanic U.S. surgeon general.

March 8th is International Women's Day - This year's theme: Embrace Equity

The goal of equity is to remove systemic and structural barriers that get in the way of people's ability to thrive.

Did you know?

Women at Richland Public Health continue to make history and serve the community in a variety of roles, including but not limited to: health commissioner, nurse, dietician, environmental health specialist, clerical specialist, epidemiologist, health educator, clerical specialist, division director, supervisor, administrative specialist, clerk, communication specialist, coordinator, human resources, nutritionist assistant, breastfeeding peer helper, information technology, consultant.

Women's History is American History

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National Poison Prevention Week March 19-25

The Central Ohio Poison Center is one of only 55 American Association of Poison Control Regional Certified Centers. It provides the public with state-of-the-art poison prevention, assessment and treatment for 64 of Ohio’s 88 counties.

The Poison Center handles more than 42,000 poison exposure calls annually, and confidential, free emergency poisoning treatment advice is available to the public 24/7. The "Be Poison Smart®" Program provides poison prevention education to health care providers, students, parents and the general public in cooperation with agencies such as the Ohio Department of Health, Head Start and the Ohio Hospital Association.

Sometimes it is difficult to tell what is good for us and what is not good for us. Pretty poisons are things that look good but are really bad. Can you identify the Pretty Poisons and Candies?

So, how'd you do?

Candy: B, C, F, G, J
Pretty Poison: A, D, E, H, I (all medications)

If it’s difficult for you to tell the difference, imagine if you are a child who just wants some candy.

Richland Public Health wants to remind everyone to store medications in a locked place away from children.

If you think someone may be poisoned, please call 1 800 222 1222.

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March 28:

Groundwater Awareness Week; American Diabetes Association Diabetes Alert Day; World Tuberculosis (TB) Day

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March 2023

Richland Public Health

Prevent. Promote. Protect.

Health news, statistics and information for Richland County

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.

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WIC Services- Jan.

New Participants
Recertifications
Other Contacts
Total Ashland & Richland Counties:

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National Health Observances for March:

March 5-11: National Cerebral Palsy Month
March 8: International Women's Day
March 14-20: Groundwater Awareness Week
March 24: American Diabetes Association Diabetes Alert Day
March 25: World Tuberculosis (TB) Day

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

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Ohio Spring Severe Weather Awareness Week March 20th-26th

Nothing says, "welcome to spring, Ohio" like rapid weather changes and severe weather. March 19-25th is Ohio Severe Weather Awareness Week. You cannot prevent severe weather, but you can plan to be safe in it.

Richland Public Health and the Richland County Emergency Management Agency want the entire community to be prepared when emergencies arise.

- Be sure every household members knows where to find your Emergency Supply Kit and where to seek safe shelter.
- Keep a three-day supply of water and nonperishable food, necessary medication and appropriate clothing for everyone. Check and update as needed, your Emergency First Aid Kit.
- Know how and where to turn off water, gas and electricity.
- Practice your household’s safety plan for every type of weather.

March is also National Nutrition Month. Remember healthy choices as you prepare and update your Emergency Supply Kit with a 3-day supply of nonperishable food items like, peanut butter, canned tuna, fruits and vegetables, dry milk, dried oats, and infant formula.

Women, Infants & Children Program (WIC) is the nation’s premier Health & Nutrition Program. WIC supports Pregnant, Breastfeeding, Post-Partum women and children up to age 5. WIC provides nutrition education, breastfeeding education and support and nutritious foods. Call for a WIC appointment: Richland 419-774-4560 or Ashland 419-289-3359.

A tree with strong roots can withstand the most violent storm, but the tree can’t grow roots just as the storm appears on the horizon.”
- Dalai Lama

See more tips about severe weather and emergency supply kits at https://richlandhealth.org/personal/weather-safety-tips/

Be prepared when disaster strikes.

The last thing you need in the middle of a weather emergency is severe illness. BE PREPARED if you cross paths with COVID-19 in the midst of a severe weather encounter. Richland Public Health will vaccinate anyone aged 18 years and older.

Schedule your Moderna vaccination or booster appointment at 419-774-4700

Luck is when preparation meets opportunity.

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 & Communications Specialist at 419-774-4726 or email rcline@richlandhealth.org

March is National Kidney Month
You are at higher risk for kidney disease if you are over 60, have diabetes, high blood pressure, heart disease, or a family history of kidney failure.
Visit niddk.nih.gov for more information

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>Year To Date</th>
<th>January YTD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Deaths</td>
<td>144</td>
</tr>
<tr>
<td>Births to Teens</td>
<td>6</td>
</tr>
<tr>
<td>Male</td>
<td>77</td>
</tr>
<tr>
<td>Female</td>
<td>67</td>
</tr>
<tr>
<td>Repeat Births*</td>
<td>79</td>
</tr>
</tbody>
</table>

Causes of Death:
- Accidents (drugs/falls/crashes): 4
- Heart Related: 25
- Lung Diseases: 10
- AIDS/Dementia: 17
- Homicides: 1
- Renal/Kidney: 5
- Suicides: 1
- Other (not listed above): 34

*Repeat birth= two or more live births
Birth & Death statistics include City of Shelby

Infant Mortality: Richland County
January: 0
Year 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 of residents occurring outside of Richland County are not reflected in county death statistics. Remember: SAFE SLEEP ABC’s: Alone, on Back, in a Crib.

CALLING THE HEALTH DEPARTMENT
Main Number: 419-774-4500
Com. Health/Prev. Sciences: 419-774-4761
Environmental Health: 419-774-4520
Public Health Clinic: 419-774-4700
Public Health Nursing: 419-774-4540
WIC: 419-774-4560

GET YOUR VACCINES!

Call 419-774-4700 for an appointment

RETURN SERVICE REQUESTED