uly 2023

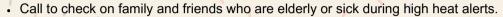
Health news, statistics and information for Richland County

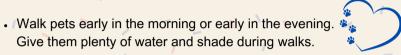


July is typically the hottest month of the year in Ohio. Richland Public Health urges residents to safely enjoy these days that we sometimes call "the dog days of summer". Help prevent heat-related illnesses by following these tips on hot summer days:



Stay hydrated and avoid the sun during the hottest part of the day from 10am-4pm.





A car can get 20 degrees hotter in just 10 minutes. A child's body temperature rises three to five times faster than an adult's. Never leave a child, an older adult, or a pet unattended in a car.

For more safety tips see richlandhealth.org



# Have fun and keep your food safe to eat this summer!

Clean: Wash your hands and surfaces often



- · Wash your hands for 20 seconds with soap and water before, during, and after preparing food and before eating.
- Wash your utensils, cutting boards, and countertops with hot, soapy water after preparing each food item.
- Rinse fresh fruits and vegetables under running water.

# Separate: Don't cross-contaminate



- When you shop Separately bag raw meat and eggs from
- At home Use separate cutting boards for produce, meat, poultry, seafood and eggs. Store meat in leakproof plastic bags or containers. Freeze any meat that is not used within a few days.

## Cook: To the right temperature



# **KEEP HOT FOOD above 140°F**

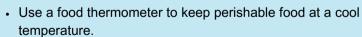
- Use a meat thermometer to cook it to the right temperature.
- Keep food out of the danger zone (40°F-140°F) by using a chafing dish, warming tray or slow cooker.

# **KEEP FOOD OUT OF THE DANGER ZONE (40°F-140°F)** food poisoning bacteria multiply quickest in this zone

# Chill: Refrigerate promptly







- Keep food out of the danger zone (40°F-140°F) by using ice and coolers.
- Refrigerate perishables within 1 hour.

#### **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 during our home visits.

Public Health Clinic	<u>May</u>	YTD
Immunizations (given)	157	627
International Travel Immunizations	15	72
Nurse Appointments	58	217
Total Visits	139	588
Call 419-774-4700 to schedule an appointment.		
Walk-ins are welcome.		

Public Health Nursing	May	YTD
Children with Medical Handicaps		
(case contacts)	373	2,079
Community Health Screenings	9	18
Lead Case Management	10	13
Newborn/Prenatal Home Visits	10	109
Cribettes distributed	3	24
School Health Hours	7	2,887
Communicable Disease Report		
Infectious Diseases (not COVID)	65	439
Hospitalizations due to Influenza	0	17
COVID-19 (Coronavirus)	93	1026

# **WIC Services - May**

**New Participants** Recertifications

**Other Contacts** 

**Total Ashland & Richland Counties:** 

623 898

172 132

APRIL 8, 2024

# Be prepared, Richland County

Did you know, that Ohio is within a one-day drive for 70% of the country's population? The total solar eclipse will be visible in Richland County on April 8, 2024. Many people who want to view this event are expected to travel here around the same time.

Come Early, and Stay Late to avoid the heavy traffic.

Stay up to date on everything about the 2024 total solar edipse at Edipse. Ohio. Gov

National Health Observances July: Cord Blood Awareness Month; UV Safety Month; Juvenile Arthritis Awareness Month; Sarcoma Awareness Month; July 12: Zero HIV Stigma Day; July 28: World Hepatitis Day

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



The 9th Annual Shawshank Hustle, is Saturday August 12th! Richland Public Health is the proud sponsor of the Guards vs. Inmates Challenge. Runners are divided (by running times) as fairly as possible into two teams: Guards and Inmates. The teams race in-person against the official "Shawshank Warden". The team with the most people who finish before the "Warden" is named the winning team. Participants get a custom tech shirt, finisher's medal, admission to The Ohio State Reformatory, a ticket to ride the Richland County Carrousel, FREE professional photos, and so much more! This 7K event starts at the historic Ohio State Reformatory, goes through downtown Mansfield, and ends back to the Reformatory. Register at: richlandhealth.org/shawshankhustle

















### July is National Park and Recreation Month!

Richland Public Health encourages everyone to get outside and enjoy the natural resources of this "rich land" full of parks and recreational spaces.

The Ohio Department of Natural Resources (ODNR) was selected as a finalist for the 2023 Gold Medal Award from the American Academy for Park and Recreation Administration (AAPRA) in partnership with the National Recreation and Park Association (NRPA). This award honors communities in the U.S. that demonstrate excellence in parks and recreation through long-range planning, resource management, volunteerism, environmental stewardship, program development, professional development and agency recognition.

Malabar Farm State Park, right here in Richland County, is the location of Richland Public Health's Hike for Health. It's always a great time to get out and get some fresh air and outdoor exercise! Watch for information about the hike events that are usually held each fall and winter.

Whether you're looking for a dog park, a Storybook Trail, American Disabilities Act accessible hiking chairs, boat launches, or archery, Ohio's diversely inclusive parks and recreational spaces have something for everyone.

Here are a couple of resources to help you get started with finding your next natural adventure:

The Richland County Park District (RCPD) restores and maintains the ecological integrity of RCPD owned grassland, prairie, wetland and woodland habitats. Find natural areas, municipality parks, and state parks/non-profit natural areas at richlandcountyoh.gov/departments/richlandcountparksdistrict/naturalareasandparks.

Ohio Department of Natural Resources (ODNR) owns and manages more than 800,000 acres of land, including 75 state parks, 24 state forests, 143 state nature preserves and 150 wildlife areas. Search for a specific activity like biking or natural feature like unique geology at ohiodnr.gov/go-and-do/plan-a-visit/find-a-property.



#### **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.

Total Births (all ages)	116	538
	<u>May</u>	YTD
Total Deaths	125	631
Female	59	298
Male	66	333
Causes of Death	May	YTD
A i d t - / d /f -    - /		20

Causes of Death	May	YTD
Accidents (drugs/falls/crashes)	5	28
Alzheimer's/Dementia	3	42
Cancer	27	110
COVID-19 (Coronavirus)	0	12
Flu/Pneumonia		
Heart Related	37	150
Lung Disease	15	47
Homicides	1	4
Renal/Kidney	3	18
Strokes/CVA		
Suicides	1	10
Other (not listed above)	19	145
Deaths Pending Autopsy		
9 1		

Birth & Death statistics include the City of Shelby

# Infant Mortality: Richland County

<u>May:</u> 1

Year To Date: 2

<u>May</u>

YTD

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	419-774-4510
Environmental Health	419-774-4520
Public Health Clinic	419-774-4700
Public Health Nursing	419-774-4540
WIC	419-774-4560

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

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

**ВЕТИВИ SERVICE REQUESTED** 

