

A NEW YEAR OF OPPORTUNITIES AND BETTER HEALTH

At Richland Public Health (RPH), we are committed to helping you achieve optimal health. Whether you're seeking resources for yourself, loved ones, or the community, we're here to provide support. Taking ownership of your healthcare journey is essential to reaching your goals for optimal health.

Attend one of our Community Health Screenings events to receive a range of free health checks, including blood pressure and blood sugar tests. Understanding your numbers is crucial in preventing health problems like high blood pressure or diabetes. High blood pressure and diabetes can increase your risk for heart disease. Public Health Nurses perform the screenings for free, and they'll assist you in determining whether you should schedule an appointment with your primary care physician to address any concerning results. Find our Community Health Screenings schedule at richlandhealth.org.



KEEP ILLNESS OUT WHEN YOU STAY IN THIS WINTER

While the temperatures remain chilly, we are likely to spend more time together indoors. The Centers for Disease Control and Prevention (CDC) reports higher rates of respiratory illness and hospitalizations during this time. Use precautions to prevent spreading germs and illness.

Respiratory Syncytial Virus (RSV), Influenza and COVID-19 are respiratory illnesses that often produce symptoms that start off looking similar to those seen in the common cold. Although most individuals recover within a couple of weeks, they pose a significant risk of severe complications for infants, older adults and people who are already managing other illnesses.

Remember to stay home if you are not well. RPH strongly encourages everyone who is eligible to receive all the recommended annual vaccinations to protect themselves and others. Call to schedule an appointment at 419-774-4700.

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	November	YTD
Immunizations (given).....	165.....	1,917
International Travel Immunizations.....	9.....	126
TB Skin Tests.....	28.....	497
Total Visits		1,749
Call 419-774-4700 to schedule an appointment. Walk-ins are welcome.		

Public Health Nursing	November	YTD
Children with Medical Handicaps (case contacts).....	346.....	4,515
Community Health Screenings Clinics.....	8.....	59
Screening Checks.....	109.....	1,097
Newborn/Prenatal Home Visits.....	16.....	50
Cribettes distributed.....	4.....	59
School Health Hours.....	262.....	1,175
Active Lead Case Management.....		13
Communicable Disease Report		
Infectious Diseases (not COVID-19).....	101.....	914
Hospitalizations due to Influenza.....	4.....	23
COVID-19 (Coronavirus).....	542.....	2,563

WIC Services - November

New Participants	211
Recertifications	113
<u>Other Contacts</u>	<u>599</u>
Total Ashland & Richland Counties:	923



PRENATAL/NEWBORN HOME VISITING PROGRAM

Richland Public Health provides a home visit by a Public Health Nurse to moms in Richland County. New moms learn about the health and growth of their baby and get answers to their questions. If mom or her baby have any medical problems, the nurse will discuss them, explain healthcare options, and provide guidance and referrals. Additionally, new moms will learn valuable skills for parent/infant bonding. Schedule your personalized visit today by calling 419-774-4540.

TOTAL SOLAR ECLIPSE



APRIL 8, 2024



A Total Solar Eclipse will pass through Richland County on April 8, 2024. Plan ahead so you have everything you need when you need it. Be prepared. Travelers are expected to come to Richland County to see the once in a lifetime event. Find more information at richlandhealth.org/solar-eclipse/ and Eclipse.Ohio.gov

HELP SAVE A LIFE: DONATE BLOOD

Donating blood is crucial, particularly during colder months, when supplies are low. The American Red Cross provides up to 40% of the country's blood supply, thanks in part to the generosity of donors nationwide. By donating just one pint of whole blood, you can help save the lives of cancer patients, those with traumatic injuries, and others battling serious illnesses.

RPH encourages you to donate during National Blood Donor month and help ensure the supply is available when there is a need.

Did you know that you can donate blood more than once per year? By giving more frequently, you can potentially save even more lives.



American Red Cross

Schedule an appointment on the Red Cross Blood Donor App or go to RedCrossBlood.org or call 1-800-RED-CROSS (1-800-733-2767).

TAKE ACTION - CHECK FOR RADON

Radon is the leading cause of lung cancer for nonsmokers. January is National Radon Action Month. Check your home and determine if you need to reduce your exposure to radon. Home owners can obtain a free radon test kit at ohio.radon.com

VITAL STATISTICS

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

	November	YTD
Total Births(all ages)	99	1,198

	November	YTD
Total Deaths	96	1,391
Female	44	642
Male	52	749

Causes of Death	November	YTD
Accidents (drugs/falls/crashes)	4	62
Alzheimer's/Dementia	10	88
Cancer	15	222
COVID-19 (Coronavirus)	0	15
Flu/Pneumonia	2	26
Heart Related	20	314
Homicides	0	11
Lung Disease	5	76
Parkinson's	1	14
Renal/Kidney	3	35
Strokes/CVA	2	36
Suicides	2	21
Other(not listed above)	28	332
Deaths Pending Autopsy	4	14

Birth & Death statistics include the City of Shelby.

Infant Mortality: Richland County
November: 0 **Year To Date:10**
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 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



Prevent. Promote. Protect.

SATURDAY, FEBRUARY 10

WINTER 2024

HIKE FOR HEALTH

HIKES WILL BE HELD RAIN OR SHINE

- SELF-GUIDED HIKE BEGINS AT 9AM.

9am - 12pm | Malabar Farm Visitor Center
4050 Bromfield Rd. Lucas, OH 44843

For more info please check our website
www.richlandhealth.org or call 419-774-3542.

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 419-774-4510 or email chps@richlandhealth.org

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

RETURN SERVICE REQUESTED

GET YOUR VACCINES!
Call 419-774-4700 for appointment



555 Lexington Ave., Mansfield, Ohio 44907
419-774-4500 • www.richlandhealth.org

Prevent. Promote. Protect.

Richland Public Health