

28th National Public Health Week April 3-9 Theme is "Centering and Celebrating Cultures in Health"

National Public Health Week is a time to focus on improving our nation's health. It is also a time to feature strengths in public health and explore opportunities to grow more healthy communities.

This year's theme "Centering and Celebrating Cultures in Health" focuses on all cultural communities to improve health equity in the entire community. Daily themes feature topics to encourage people learn ways to engage and make a positive difference in their lives and in the lives of others by learning about Community; Violence Prevention; Reproductive and Sexual Health; Mental Health; Rural Health; Accessibility; and Food and Nutrition.

The U.S. Department of Health and Human Services determined health literacy a central focus of Healthy People 2030. Personal health literacy is the degree to which individuals have the ability to find, understand, and use information and services to make informed health-related decisions and actions for themselves and others.

Join the nation during National Public Health Week April 3-9 and make an intentional effort to learn more and do more to make Richland County a better and more healthy place for people of all cultures.

Learn more at <https://health.gov/healthypeople/priority-areas/health-literacy-healthy-people-2030>

Minority Health Month

"Better Health Through Better Understanding"

The U.S. Department of HHS Office of Minority Health (OMH) observes National Minority Health Month each April to highlight the importance of improving the health of racial and ethnic minority and American Indian/Alaska Native (AI/AN) communities and reducing health disparities.

The Model Minority Myth

Asian American and Pacific Islander (AAPI) communities are given the "model minority" stereotype or label. This assumption that all AAPIs are well-adjusted and more financially successful people than other minority groups. It also assumes AAPI's have a strong work ethic, follow society's rules and are naturally gifted and smart. In reality, the AAPI community is highly diverse across subgroups. Suicide is the leading cause of death for AAPI adolescents 12-19 years old. Social pressure created by false stereotypes can prevent community members from seeking mental health care.

Ways to counter stereotypes:

Mindfulness- stay in the moment of what is happening.

Individuating- see each person as an individual, not a group.

Perspective-taking- imagine the perspective of the other person.

Counter-stereotypic imaging- remind yourself of someone who does not fit the stereotype.

Contact- find ways to engage and get to know different people.

Understanding is a key component to healthier communities.

Stereotyping other people can cause misunderstanding.

Learn more at <https://minorityhealth.hhs.gov>

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.

<u>Public Health Clinic</u>	<u>February</u>	<u>YTD</u>
Immunizations (given).....	122.....	245
International Travel Immunizations.....	9.....	30
Nurse Appointments.....	29.....	62
Total Visits.....	125.....	264

All visits to the clinic are by appointment.
Call 419-774-4700 to schedule an appointment.
Walk-ins are welcome.

<u>Public Health Nursing</u>	<u>February</u>	<u>YTD</u>
Children with Medical Handicaps (case contacts).....	325.....	655
Community Health Screenings.....	4.....	4
Lead Case Management.....	1.....	14
Newborn/Prenatal Home Visits.....	8.....	69
Cribettes distributed.....	6.....	10
School Nurses (contract hrs).....	305.....	2,022

<u>Communicable Disease Report</u>		
Infectious Diseases (not COVID).....	96.....	216
Hospitalizations due to Influenza.....	1.....	17
COVID-19 (Coronavirus).....	247.....	582

WIC Services - Feb.

New Participants	174
Recertifications	134
<u>Other Contacts</u>	<u>624</u>
Total Ashland & Richland Counties:	932



TOTAL SOLAR ECLIPSE 2024

A solar eclipse occurs when the moon cast its shadow on the Earth as it passes between the Earth and the Sun. A total solar eclipse occurs when the moon appears to totally obscure the Sun.

The last total solar eclipse visible in Ohio was in 1806. The next total solar eclipse in Ohio will be in the year 2099.

RPH representatives attended a community planning meeting for the **Eclipse 2024**. RPH will provide the community tips and updates to help prepare for this once in a lifetime event **April 8, 2024**.



SAVE THE DATE!

In 2024, a total eclipse will go through Ohio. Start planning for this once-in-a-lifetime opportunity!"

Eclipse.Ohio.Gov

National Health Observances for April: Alcohol Awareness Month; Distracted Driving Awareness Month; Sexual Assault Prevention and Awareness Month; Donate Life Month; STD Awareness Month;

April 24-30: World Immunization Week; **April 24-30:**National Infant Immunization Week; **April 7:** World Health Day

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



It's National Child Abuse Prevention Month

Remember to **Wear Blue April 12** to bring awareness and to show unity against child abuse and neglect.

Richland County Children Services is a public child welfare agency charged with the legal responsibility to assess child abuse and neglect within the county.

24/7 Child Abuse Report Hotline: 419-774-4100



Richland County Children Services

To lead our community in assuring the safety, well-being and permanency of children at risk of abuse and neglect.

Oral Cancer Awareness Month

The oral cavity includes the lips, the inside lining of the lips and cheeks, the teeth, the gums, the front of the tongue, below the tongue, the bony roof of the mouth, the area behind the wisdom teeth, and salivary glands. These areas of your mouth help you breathe, talk, eat, chew, and swallow.

Oral cavity cancer risk factors include alcohol consumption, sun exposure (lip cancer), and tobacco use (smoked or chewed). Not everyone with risk factors will develop the disease but having certain risk factors may increase your chance of developing cancer.

You can decrease your risk of developing oral cancers. Avoid using alcohol and tobacco; limit mid day outdoor sun exposure and wear a wide-brimmed hat, use sunscreen and lip balm with a sun protection factor (SPF) of at least 30; and get the human papillomavirus (HPV) vaccine. The HPV vaccine is available at the **Richland Public Health Clinic, 555 Lexington Ave, Mansfield, OH** or any **Neighborhood Immunization Clinics**.

For more information including times and locations see <https://richlandhealth.org/personal/immunizations>.

Learn more about cancers at <https://cancer.osu.edu>; <https://www.cancer.org/cancer/oral-cavity>.



What: You are invited to visit the Bookmobile.

When: 4th Wed. each month 4pm-6pm.

Where: RPH Front Parking Lot.

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.

	February	YTD
Total Births (all ages).....	98.....	211

	February	YTD
Total Deaths	101.....	245
Female.....	52.....	119
Male.....	49.....	126

Causes of Death

Accidents		
(drugs/falls/crashes).....	3.....	7
Alzheimers/Dementia.....	5.....	22
Cancer.....	21.....	47
COVID-19 (Coronavirus).....	1.....	7
Flu/Pneumonia.....	3.....	10
Heart Related.....	27.....	52
Homicides.....	0.....	1
Lung Diseases.....	11.....	21
Renal/Kidney.....	3.....	8
Strokes/CVA.....	2.....	9
Suicides.....	1.....	3
Other (not listed above).....	18.....	52
Deaths Pending Autopsy.....	5.....	5

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

Infant Mortality: Richland County

February: 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

Spring Into Action!

**Catch up on
vaccinations and boosters.
Call for an appointment
at 419-774-4700**

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 services.

RETURN SERVICE REQUESTED

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



Richland Public Health
Prevent. Promote. Protect.
555 Lexington Ave., Mansfield, Ohio 44907
419-774-4500 • www.richlandhealth.org