



Richland Public Health

Prevent. Promote. Protect.



August 2023

HEALTH REPORT

Health news, statistics and information for Richland County

What's Your Why?

The National Breastfeeding Month 2023 Theme is "This is Our Why". Here are just a few reasons, or "why's" to encourage and support breastfeeding; breastfeeding is best for babies and moms. Breastfed babies have a reduced risk of developing digestive infections, breathing problems, and obesity. By breastfeeding, moms can lower their risk of high blood pressure, Type 2 diabetes, ovarian cancer and breast cancer. Breastfeeding is convenient and cost effective.



Did You Know?

- Breastfeeding in public is legal. In the work place, laws ensure a break time, a space to pump, and a place to store expressed milk.
- The American Academy of Pediatrics and the World Health Organization recommend exclusive breastfeeding for the first six months of life with the addition of appropriate solid food beyond that time.
- The Ohio Department of Health funds a FREE 24 hour, 7 day a week Breastfeeding Hotline to speak with a lactation professional. You can call 888-588-3423 or text BFHOTLINE to 839863 to connect with someone.

Richland Public Health encourages and supports breastfeeding through the Women, Infant, and Children (WIC) program. WIC is the nation's premier health and nutrition program for pregnant women, women with a baby younger than six months old, breastfeeding mothers, and families of infants and children up to 5 years old. WIC breastfeeding consultants provide support that nurtures a successful breastfeeding journey for the mother and the baby. This support includes educational resources, nutritious foods, demonstrations of bonding and latching techniques, and general assistance to promote breastfeeding success. World Breastfeeding Week is August 1st-7th and the theme is "Enabling breastfeeding: making a difference for working parents". August 25th-31st is Black Breastfeeding Week and this year's theme is "We Outside! Celebrating Connection & Our Communities." Breastfeeding encourages more than an individual healthy baby and mom, it promotes a healthy community. To find more "why's" and additional information about breastfeeding support and the WIC program, visit richlandhealth.org/departments/wic.

Mobilizing to Bring Awareness and Increase Prevention



Breast cancer is a leading cause of cancer death in women and early detection is vital to successful treatment. Understanding and completing regular self exams, screenings, and mammograms is very important.

Richland Public Health (RPH) hosted a Mobile Mammogram Clinic on Thursday, July 13th. Through a partnership with the Cleveland Clinic, free mammograms were made available to everyone.

Attendees had the opportunity to explore the Mega Breast. The larger-than-life exhibit offered a self guided tour to learn about the the breast. The engaging educational experience included information on self breast exams, risk factors for breast cancer, breast cancer screenings, mammograms and so much more.

Community partners joined the efforts by providing a variety of resources to encourage and support health and wellness to everyone who came. RPH distributed information on resources available through the health department, and passed out bug bite prevention bags which included a supply of mosquito repellent wipes and a tick removal kit. Free health screenings were provided by RPH registered nurses, and Tesla the therapy dog shared her personality and love with everyone who met her!

Education and awareness can help prevent illness and disease. Richland Public Health's Mobile Mammogram Clinic is just one way your local health department is leading the way to a more healthy Richland County.

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	June	YTD
Immunizations(given).....	157	627
International Travel Immunizations.....	15	72
TB Appointments.....	74	291
Total Visits		746

Call 419-774-4700 to schedule an appointment. Walk-ins are welcome.

Public Health Nursing	June	YTD
Children with Medical Handicaps (case contacts).....	386	2,500
Community Health Screenings Clinics...9.....	23	
Screening Checks	58	360
Newborn/Prenatal Home Visits.....	18	127
Cribettes distributed.....	7	31
School Health Hours.....		2,887
Active Lead Case Management.....		13

Communicable Disease Report	June	YTD
Infectious Diseases(not COVID).....	80	1026
Hospitalizations due to Influenza...0.....	17	
COVID-19 (Coronavirus).....	64	1090

WIC Services - June	YTD
New Participants	133
Recertifications	107
<u>Other Contacts</u>	<u>583</u>
Total Ashland & Richland Counties:	823



TOTAL SOLAR ECLIPSE

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 at that time.

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

Stay up to date on everything about the 2024 total solar eclipse at Eclipse.Ohio.Gov



National Health Observances August: National Eye Exam Month; Children's Eye Health and Safety Month; Psoriasis Awareness Month; August 8-14: National Health Center Week; August 15: National Relaxation Day; August 30: National Grief Awareness Day

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

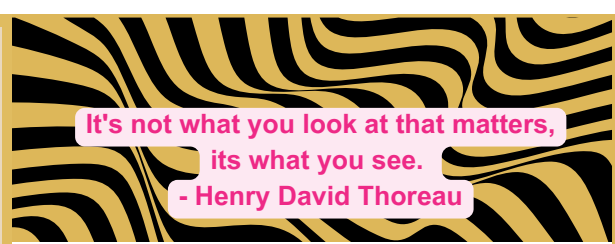


The Eyes Have it!

Majority of eye injuries can be prevented by wearing the right protective eyewear or equipment. Sunglasses, goggles, face shields, masks, and helmets are made to protect eyes from injuries. Encourage and remind children to always use the correct protection for activities and sports to prevent eye injuries or loss of vision.

August is National Eye Exam and Children's Eye Health and Safety Month. Many eye problems, diseases and infections do not have symptoms in the early stages. That's why routine exams are so important. Regular eye exams can help your doctor find issues early and possibly avoid serious problems in the future.

Schedule your family's annual eye exams today and keep an eye on everyone's visual health.



**It's not what you look at that matters,
its what you see.
- Henry David Thoreau**

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.

	<u>June</u>	<u>YTD</u>
Total Births (all ages).....	106.....	644

	<u>June</u>	<u>YTD</u>
Total Deaths	113.....	749
Female.....	54.....	354
Male.....	59.....	395

<u>Causes of Death</u>	<u>June</u>	<u>YTD</u>
Accidents (drugs/falls/crashes).....	4.....	32
Alzheimer's/Dementia.....	6.....	48
Cancer.....	18.....	128
COVID-19 (Coronavirus).....	1.....	13
Flu/Pneumonia.....	0.....	17
Heart Related.....	27.....	177
Homicides.....	2.....	6
Lung Disease	12.....	59
Parkinson's.....	2.....	7
Renal/Kidney.....	3.....	21
Strokes/CVA.....	2.....	26
Suicides.....	1.....	11
Other(not listed above).....	30.....	175
Deaths Pending Autopsy.....	5.....	6

Birth & Death statistics include the City of Shelby.

Infant Mortality: Richland County

June: 2 **Year To Date: 5**

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.

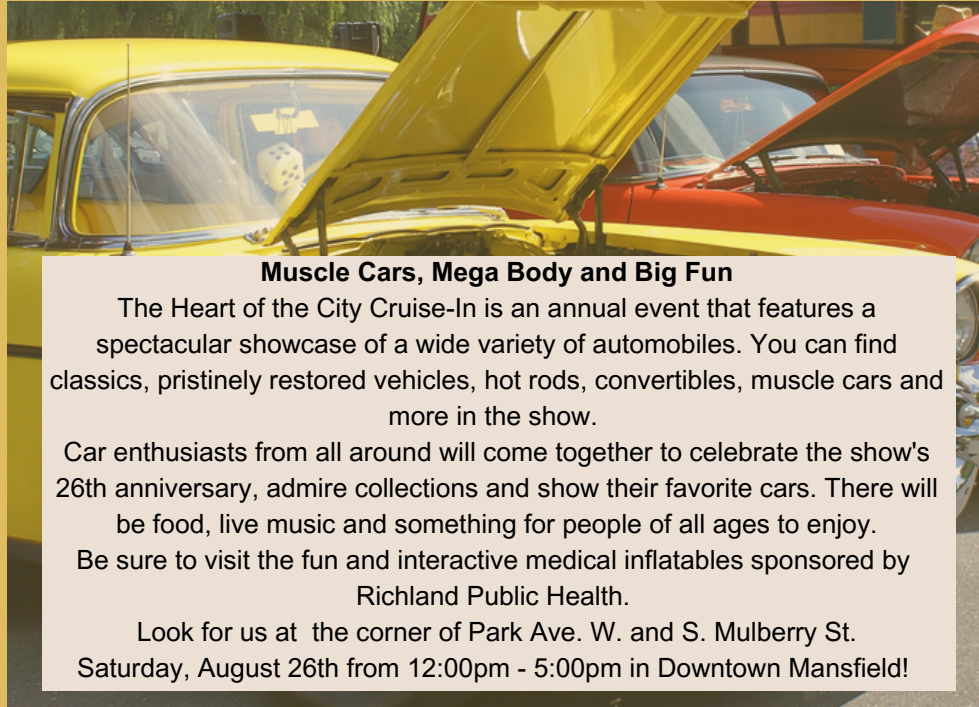
Deaths of residents occurring outside Richland County are not reflected in county death statistics.

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



Muscle Cars, Mega Body and Big Fun

The Heart of the City Cruise-In is an annual event that features a spectacular showcase of a wide variety of automobiles. You can find classics, pristinely restored vehicles, hot rods, convertibles, muscle cars and more in the show.

Car enthusiasts from all around will come together to celebrate the show's 26th anniversary, admire collections and show their favorite cars. There will be food, live music and something for people of all ages to enjoy.

Be sure to visit the fun and interactive medical inflatables sponsored by Richland Public Health.

Look for us at the corner of Park Ave. W. and S. Mulberry St. Saturday, August 26th from 12:00pm - 5:00pm in Downtown Mansfield!



It's Fair Season in Ohio!
Take home good memories.
Don't take home bad germs.
Wash your hands often.

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**

