



March 2023

Richland Public Health

HEALTH REPORT

Prevent. Promote. Protect. Health news, statistics and information for Richland County

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 Baunbach 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



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.

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.

Public Health Clinic	January	YTD
Immunizations (visits).....	123.....	123
International Travel (visits).....	21.....	21
Nurse Appointments.....	33.....	33
Vaccinations (COVID/Other).....	31.....	31
Total Visits.....	139.....	139

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

Public Health Nursing	January	YTD
CMH (case contacts).....	323.....	323
Community Health Screenings.....	0.....	0
Lead Case Management.....	13.....	13
Newborn/Prenatal Home Visits.....	7.....	7
Cribettes distributed.....	4.....	4
School Nurses (contract hrs YTD).....	279.....	1,717

Communicable Disease Report	January	YTD
Infectious Disease (not flu/sti/COVID).....	21.....	21
Influenza (A&B).....	109.....	109
Hospitalizations due to Influenza.....	16.....	16
COVID-19 (Coronavirus).....	329.....	329
Hospitalizations due to COVID.....	10.....	10

Sexually Transmitted Infections	January	YTD
STI Positive Results.....	63.....	63
Chlamydia.....	38.....	38
Gonorrhea.....	20.....	20
Syphilis.....	5.....	5

WIC Services- Jan.	January	YTD
New Participants		184
Recertifications		179
Other Contacts		727
Total Ashland & Richland Counties:		1,090



National Health Observances for March: National Cerebral Palsy Month: March 5-11: Groundwater Awareness Week; **March 28:** American Diabetes Association Diabetes Alert Day; **March 24:** World Tuberculosis (TB) Day

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."

~Dali Lama

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



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.

	January	YTD
Total Births (all ages).....	112	112
Births to Teens	6	6
Repeat Births*.....	79	79
Total Deaths	144	144
Female.....	67	67
Male.....	77	77

	January	YTD
Causes of Death		
Accidents (drugs/falls/crashes).....	4	4
Alzheimers/Dementia.....	17	17
Cancer.....	26	26
COVID-19 (Coronavirus).....	6	6
Flu/Pneumonia.....	7	7
Heart Related.....	25	25
Homicides.....	1	1
Lung Diseases.....	10	10
Renal/Kidney.....	5	5
Strokes/CVA.....	7	7
Suicides.....	1	1
Other (not listed above).....	34	34
Deaths Pending Autopsy.....	1	1

*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



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

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

RETURN SERVICE REQUESTED

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

