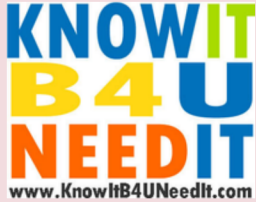


May is National Mental Health Awareness Month

Mental health is a person's sense of emotional, psychological and social well-being. It guides how a person receives and processes external and internal information about how they think, feel, make decisions, or respond in routine and unexpected situations. Mental health problems can be caused by biological factors or life experiences.

Local help is here when you need it

The Richland County Mental Health & Recovery Services Board, designed **Know It B4 U Need It – Or Know Where to Find It** to ensure residents know where to find help concerning mental health, addiction and trauma before they need it. This team of community partners is prepared to help find the resources needed for mental health wellness.



Get help NOW!

24/7 Crisis Helpline if your are in crisis or need **immediate help**, call 419-522-4357 (HELP)

Just need to TALK?

24/7 Warm line if you are not in crisis but need to talk, call 419-522-5300

May is Asian/Pacific American Heritage Month

Doctor David D. Ho is a Taiwanese-American physician, researcher and virologist. He is a pioneer, first responder and hero to the world for his vision and drive to understand HIV/AIDS. As director of the Aaron Diamond AIDS Research Center (ADARC) at Columbia University he invented the "AIDS cocktail" in 1994. He saved millions of lives from a certain sentence and radically changed how to prevent, treat and manage the disease. Dr. Ho continues to learn, research and understand with the goal of finding a cure for HIV/AIDS. Since 2020, the COVID-19 pandemic has been a major focus of Dr. Ho and his (ADARC) team. Their goal is to bring new solutions to the testing, treatment, and prevention of COVID-19.

Asian/Pacific American History is American History.

<https://www.irvinginstitute.columbia.edu/news/david-ho>; https://www.hopkinsmedicine.org/diversity/_documents/asian-american-pacific-islander-heritage-guide.pdf

May is High Blood Pressure Awareness Month

RPH encourages everyone to be an active participant in their own healthcare. Blood pressure (BP) measures the pressure inside the body's artery walls as blood flows through them. Normal BP is less than 120/80mmHG. High blood pressure or hypertension is 140/90mmHg or greater. The higher the BP, the greater the risks for heart disease, heart attack or stroke. You cannot control some risks for high blood pressure like your age, genetics and family history. You can choose a lifestyle to reduce some risks:

- Monitor your blood pressure
- Eat a healthy diet
- Exercise regularly
- Maintain a good body weight
- Limit alcohol consumption
- Don't use tobacco



Common signs of a Heart Attack

- Pain or discomfort in the chest, arm or shoulder
- Lightheadedness, nausea, or vomiting
- Jaw, neck or back pain
- Shortness of breath



Call 911 even if the symptoms come and go.

Know your risk and take action to stay healthy. RPH provides blood pressure kits at the Mansfield Richland County Public Libraries. Residents can borrow a kit for 14 days with a regular library card and monitor their blood pressure at home. FREE BP readings are also available at the Richland Public Health clinic or at one of RPH's Community Health Screenings.

Learn more when you search community health screenings at richlandhealth.org

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	March	YTD
Immunizations (given).....	106.....	351
International Travel Immunizations.....	18.....	48
Nurse Appointments.....	43.....	105
Total Visits.....	63.....	327

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

Public Health Nursing	March	YTD
Children with Medical Handicaps (case contacts).....	379....	1,045
Community Health Screenings.....	1.....	3
Lead Case Management.....	0.....	12
Newborn/Prenatal Home Visits.....	15.....	84
Cribettes distributed.....	5.....	15
School Health Hours.....	340...	2,362
Communicable Disase Report		
Infectious Diseases (not COVID).....	96.....	374
Hospitalizations due to Influenza.....	0.....	17
COVID-19 (Coronavirus).....	241.....	799

WIC Services - March

New Participants	162
Recertifications	140
Other Contacts	641
Total Ashland & Richland Counties:	943



April 8, 2024, a total solar eclipse will go through Ohio. Start planning for this once in a lifetime opportunity!

Eclipse.Ohio.Gov

Thank you

NATIONAL NURSES WEEK May 6-12



National Nurses Week is celebrated this year from May 6th- May 12th. Richland Public Health would like to recognize and thank all nurses who have dedicated their lives to helping others. There are currently 15 RPH public health nurses (PHNs) promoting health equity and quality through education and practices that positively affect the health of people in the community. PHNs strive to protect all individuals through outreach programs, clinics, schools and numerous community activities. For more information visit www.richlandhealth.org.



National Women's Health Week

"Women's Health, Whole Health: Prevention, Care and Wellbeing" is the theme for the week **May 9-15**. It's the perfect time to schedule your well-woman visit. Catch up on routine vaccinations and get recommended tests and screenings. Set goals to prioritize your health and well-being. Improve your habits in sleep, exercise, and eating. Achieve and maintain a healthy weight and healthy relationships with others. Do good things for your health and your wellbeing.



LIVE WELL & BE WELL

www.cdc.gov/women/nwhw/index.htm

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.

	March	YTD
Total Births (all ages).....	93	304

	March	YTD
Total Deaths	130	376
Female.....	60	179
Male.....	70	196

Causes of Death

Accidents (drugs/falls/crashes).....	12	19
Alzheimers/Dementia.....	9	31
Cancer.....	18	65
COVID-19 (Coronavirus).....	4	11
Flu/Pneumonia.....	0	10
Heart Related.....	29	81
Homicides.....	1	2
Lung Diseases.....	7	28
Renal/Kidney.....	4	12
Strokes/CVA.....	3	12
Suicides.....	4	7
Other (not listed above).....	30	82
Deaths Pending Autopsy.....	5	9

Birth & Death statistics include the City of Shelby

Infant Mortality: Richland County

March: 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

May is Bike Month and Motorcycle Safety Awareness Month



All Drivers Share the Road and the Responsibility:

- *Drive sober and undistracted.
- *Obey the traffic laws and properly signal.
- *Always look twice for Motorcycles and for Bikes.

www.trafficsafetymarketing.gov

May is Skin Cancer Awareness Month

Ultraviolet (UV) light, an invisible type of radiation that comes from **the sun, tanning beds, and sunlamps** and can damage unprotected skin in just 15 minutes. This damage can lead skin cancer, the most common cancer in the U.S.

The UV Index predicts the ultraviolet radiation levels on a 1-11+ scale. The National Weather Service calculates the UV Index forecast for most ZIP codes across the country, and the U.S. Environmental Protection Agency (EPA) publishes this information. If the UV Index is 3 (Moderate) or higher in your area, you should protect your exposed skin and eyes from the sun. Seek shade late morning through mid-afternoon, use broad spectrum SPF 15 or greater on exposed skin, wear protective clothing, a wide brimmed hat, and sunglasses. Check your skin regularly. Be sure to tell your doctor about any new growths, or changes in feeling, appearance, or size of new or existing moles.

www.cdc.gov/cancer/dcpc/resources/features/skincancer/index.htm



Don't Fry Day - May 26

Protect your skin from harmful rays.



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

