



Richland Public Health Celebrates Mobile Clinic

Richland Public Health (RPH) and the Richland Area Chamber & Economic Development hosted a ribbon cutting ceremony on October 20th to unveil RPH's new mobile clinic. Mayor Tim Theaker was among many distinguished community leaders onsite for the event. Thank you to Senator Sherrrod Brown, Senator Mark Romanchuk, and State Representative Marilyn John for their recognition. RPH's public health nurses will provide community health screenings and vaccinations in this private, secure and mobile setting.

Promoting Health and Wellness Throughout the Community



RPH provides the means for a thriving community through outreach services. Public Health Nursing (PHN) and Community Health and Prevention Sciences (CHPS) staff from RPH attended the Mansfield City Schools staff health fair.

PHN administered community health screenings checking blood pressure, blood sugar and cholesterol for participants and distributed COVID-19 tests. CHPS provided resources to prevent vector-borne illnesses from mosquito and tick bites. Deterra pouches, which are used to safely dispose of unused medications and prevent accidental overdoses, were also on hand at the event.

Subsequently, the CHPS staff attended the public health fair at the YMCA of North Central Ohio-Mansfield branch. RPH continues to provide timely education and resources to promote 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	September	YTD
Immunizations(given)	210	1,430
International Travel Immunizations	14	116
TB Appointments	56	417
Total Visits		1,309

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

Public Health Nursing	September	YTD
Children with Medical Handicaps (case contacts)	280	3,477
Community Health Screenings Clinics	5	43
Screening Checks	142	824
Newborn/Prenatal Home Visits	12	42
Cribettes distributed	7	52
School Health Hours	287	573
Active Lead Case Management		13

Communicable Disease Report	September	YTD
Infectious Diseases(not COVID)	78	755
Hospitalizations due to Influenza	0	18
COVID-19 (Coronavirus)	301	1,662

WIC Services - September	
New Participants	165
Recertifications	118
Other Contacts	582
Total Ashland & Richland Counties:	865



TOTAL SOLAR ECLIPSE

APRIL 8, 2024



The 2024 Total Solar Eclipse will be visible in Richland County. Community members are encouraged to plan ahead and avoid traffic congestion from the highly anticipated influx of visitors.

Learn how to prepare for this event at the Emergency Management Agency 2024 eclipse preparedness presentation on Nov. 13th @ 7 pm at Madison Jr High.

Find more information about the 2024 Total Solar Eclipse at Eclipse.Ohio.gov.

National Health Observances November: Alzheimer's Awareness Month; Chronic Obstructive Pulmonary Disease Awareness Month; Gluten-Free Diet Month; Prematurity Awareness Month; Lung Cancer Awareness Month; **Nov. 1:** National Brush Day; **Nov. 12:** World Pneumonia Day; **Nov. 16:** The Great American Smokeout

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



HOLIDAY FOOD SAFETY

Don't let bad germs and bacteria take anything away from having good times, making memories, and sharing your favorite foods. Reduce your risk of exposure to food borne illness by following these simple steps:
 Wash your hands for 20 seconds, before, during and after preparing food.
 Separate and store raw meats from vegetables in your cart and fridge.
 Cook food to the correct temperature and check it with a food thermometer.
 Chill leftovers at 40° F within 2 hours of cooking.
 See more about safe holiday food at richlandhealth.org

About 1 in Every 10 People Have Diabetes

Your body breaks down food you eat into sugar that is released into your bloodstream to be used for energy. Your body's insulin controls the sugar it uses for energy. Diabetes causes your body to not properly make or use insulin.

Things you should know about diabetes:

Diabetes can lead to blindness, heart disease and chronic kidney disease. Type 1 cannot be prevented, yet lifestyle changes can prevent or delay type 2. People at high risk for type 2 diabetes are usually physically active less than three times per week, overweight, older than 45 years old, or individuals who are a child or sibling of someone with type 2 diabetes.

IT'S FREE AND EASY TO CHECK!



RPH encourages you to take advantage of our **Community Health Screenings** where **blood sugar checks are always free**. Checking your blood sugar may alert you to follow up with your medical provider to test you for diabetes and make beneficial lifestyle changes.

Scan the code to find our [Community Health Screenings Schedule](#).



Prepare for W-I-N-T-E-R

It may seem too early, but now is the time to prepare for the winter season. Planning ahead can help you stay safe during a weather emergency. Winter storms and freezing conditions can quickly make any situation dangerous.

Remember these precautions to help you stay safe this winter:

- Keep an emergency supply kit for home and one for your car. Include flashlights, radios and batteries, nonperishable food, water, and necessary medications for household members.
- Install smoke alarms and carbon monoxide detectors. Test them monthly and change the batteries every six months.
- Pay attention to the weather and take necessary action.
- Sign up for the free Richland County Notification System to get emergency and community alerts at RC Alerts.

For more tips about emergency preparedness and winter safety visit richlandhealth.org/winter-safety-2

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.

	September	YTD
Total Births(all ages)	106	986

	September	YTD
Total Deaths	126	1,083
Female	49	498
Male	77	585

Causes of Death	September	YTD
Accidents (drugs/falls/crashes)	4	54
Alzheimer's/Dementia	10	68
Cancer	20	186
COVID-19 (Coronavirus)	1	14
Flu/Pneumonia	2	22
Heart Related	36	262
Homicides	0	9
Lung Disease	4	69
Parkinson's	3	11
Renal/Kidney	4	30
Strokes/CVA	2	32
Suicides	1	15
Other(not listed above)	34	275
Deaths Pending Autopsy	5	12

Birth & Death statistics include the City of Shelby.

Infant Mortality: Richland County

September: 1 **Year To Date: 9**
 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

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

