HEALTH REPORT

Health news, statistics and information for Richland County

February is Black History Month

2022 National Theme: Black Health and Wellness



Black History Month is an annual time of recognition and celebration of achievements by African Americans' central role in U.S. history. African American History Month, initially called "Negro History Week," was established in 1926 by historian Carter G. Woodson and other prominent African Americans. Since 1976, every U.S. president has officially designated the month of

February, Black History Month. https://www.history.com/topics/black-history/black-history-month



***Did you know? Marie Daly was the first African American woman in the U.S. to receive a Ph.D. in chemistry from New York City's Columbia University in 1947. Daly's groundbreaking research included studies on the effects of cholesterol on the mechanics of the heart, the effects of sugars and other nutrients on the health of arteries, and the breakdown of the circulatory system as a result of advanced age or hypertension. https://www.biography.com/news/katherine-johnson-black-female-science-technology-engineering-mathematics

COVID-19 Vaccines, Boosters, Information, and Updates

Pfizer-BioNTech

Primary series authorized for: Ages 5+ Need 2 doses 21 days apart

Moderna

Primary series authorized for: Ages 18+ Need 2 doses 28 days apart

Johnson & Johnson

Primary series authorized for: Ages 18+ Only need 1 dose Call **419-774-4700** for vaccine registration. Visit **richlandhealth.org/covid-vaccine-qa** for a list of area providers. Richland County has vaccinated 54,916 individuals with at least one dose and Ohio has vaccinated 7.159 million individuals, as of January 28.

Fully Vaccinated

2 weeks after you received your 2nd dose

Fully Vaccinated

2 weeks after you received your 2nd dose

Fully Vaccinated

2 weeks after you received your 1st dose

Booster Dose

You are eligible for a
Pfizer booster if it's
been at least 5 months
since your 2nd dose
AND are over the age
of 12.

Want to use Moderna or J&J as your booster? Same guidance applies, but you must be over the age of 18.

Booster Dose

You are eligible for a Moderna booster if it's been at least 5 months since your 2nd dose <u>AND</u> are over the age of 18.

Want to use the Pfizer or J&J vaccine as your booster? Same guidance applies as above.

Booster Dose

You are eligible for a J&J booster if it's been at least 2 months since your 1st dose <u>AND</u> are over the age of 18.

Want to use the Pfizer or Moderna vaccine as your booster? Same guidance applies as above.

*Visit www.cdc.gov/coronavirus for more info and guidance

PUBLIC HEALTH NURSING

Health services for people of all ages who are residents of Richland County. Services are provided through our onsite clinic, in the community and through our home visits.

Public Health Clinic	<u>December</u>	<u>YTD</u>
Immunizations (visits)	68	1,121
International Travel (visits)	0	11
Nurse Appointments	0	1
Vaccinations (COVID/Other).	288	9,132
Total		
Visits	356	10,265
All visits to the clinic are by appointment. Call		
419-774-4700 to schedule an appointment.		

Public Health Nursing	December	YTD	
CMH (case contacts)	268	4,900	
Community Health Screenin	gs0	128	
Influenza Vaccines	61	65	
Lead Case Management	0	5	
Newborn/Prenatal Home Vis	sits14	70	
Cribettes distributed	4	57	
School Nurses (student care YTI	D)269	.1,629	
Communicable Disease Re	<u>port</u>		
Infectious Disease (not flu/sti/COVID)10	217	
Influenza (A&B)	55	64	
Hopitalizations due to Influenza	ı3	4	
COVID-19 (Coronavirus)	3,2661	5,307	
Hospitalizations due to COV	/ID66	636	
Sexually Transitted Infections			
STI Positive Results	51	700	
Chlamydia	36	531	
Gonorreha			
Syphilis	0	4	

COVID-19 Cases from Dec. 30, 2021 to Jan. 28, 2021

<u>Location</u>	<u> Cases</u>	<u>Deaths</u>	<u> Hospitalized</u>
Richland County	5,785	31	46
Ohio	513,560	1,784	<u>8,131</u>

Quarantine Questions? See here: richlandhealth.org/quarantining/



ANY Violence is simply NOT HEALTHY https://youth.gov/youth-topics/teen-dating-violence/characteristics

National Health Observances for February: American Heart Month; Children's Dental Health Month; AMD/Low Vision Awareness Month; Feb. 4: Go Red for Women Day; Feb. 14: National Donor Day.

WIC Services- Dec.

New Participants Recertifications Other Contacts

155 137 <u>468</u>

Total Ashland & Richland Counties:



PREP Cultural Humility Training

RPH's Personal Responsibility Education Program (PREP) grant hosted a Cultural Humility Training January 20th. Soul Bird Consulting facilitated the 3.5 hour virtual, interactive professional growth opportunity. Participants in small and large groups were engaged in activities and dialogue examining the sources of implicit bias, identity, and the intersections of viewpoints as well as equity and classism. Here were just a few take-aways:

- Change happens when you give people new information, new narratives and new experiences within experiences.
- PRACTICE through words and actions, what you learn from others is appreciated. You can not be "competent" in the culture of others.
- Impact is different than intent Be mindful of what they heard/felt vs. what you meant by your statement/action.
- Shame/Blame cause motion/give us something to do, but they do not give rise to productive movement/change anything.
- Practice self care and community care.

***For more info, visit www.richlandhealth.org/prep





Feb. 4 For Women



February is American Heart Month

Join the the fight against heart disease

- Reduce Your Risk of a Heart Attack- Eat a heart-healthy diet and be sure to exercise regularly. Even walking for 15-20 minutes a day helps!
- Know the Signs of a Heart Attack- Pain or discomfort that persists, or returns frequently in the jaw, shoulder, stomach, neck, or back. Be aware of these important warning signs as well * Indigestion * heartburn * nausea * vomiting
- Respond Quickly! Call 9-1-1 if you notice symptoms of a Heart Attack
 *Remember, the chances of surviving a heart attack are better the sooner
 emergency treatment begins.



Winter Hike for Health

February 12, 2022 9 a.m. to 12 p.m.

Malabar Farm State Park &



- Gorman Nature Center

 Sign in anytime at the Visitors Center.
- Maps and Refreshments will be available.
- Self-Guided Hikes on easy trails available for everyone!

Featured Guided Hike at 10 a.m. at Malabar Farm (Starts at Visitor's Center)

FREE Healthy & Fun Exercise

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.

	December	YTD	
Total Births (all ages)	124	1406	
Births to Teens			
Repeat Births*	77	807	
	<u>December</u>		
Total Deaths	234	1750	
Female			
Male			
Causes of Death			
Accidents (drugs/falls/crashes	s)10	102	
Alzheimers/Dementia	15	132	
Cancer	17	240	
COVID-19 (Coronavirus)	69	301	
Flu/Pneumonia	15	46	
Heart Related	65	491	
Homicides	0	6	
Infant Mortality (see below)	11	5	
Lung Diseases			
Renal/Kidney	3	62	
Strokes/CVA	6	65	
Suicides	1	23	
Other (not listed above)	15	131	
Deaths Pending Autopsy	8	19	
*repeat birth= two or more live births			
Birth & Death statistics include City of Shelby			

Infant Mortality: Richland County <u>December:</u> 1 <u>Year To Date:</u> 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 <u>outside of</u> 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

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 Shannon Nelson, CHPS Coordinator, at 419-774-4761 or email snelson@richlandhealth.org

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ВЕТИВИ SERVICE REQUESTED

