

THANK YOU RICHLAND PUBLIC HEALTH NURSES!!



NATIONAL NURSES WEEK May 6-12, 2022
A Voice to Lead – Invest in nursing and respect rights to secure global health



"Let each person tell the truth from his own experience"
Florence Nightingale

National Nurses Day May 6
National School Nurse Day May 11
International Nurses Day May 12

You are enough

May is National Mental Health Awareness Month

Together for Mental Health

Mental health is vital in every stage of life. It is a combination of one'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, react or respond in routine and unexpected situations.

Mental health problems can be caused by many things including:

- Biological factors, such as genes or brain chemistry.
- Life experiences, such as trauma or abuse.
- Family history of mental health problems.

Get help if you are having a hard time

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

Need to TALK?

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



Here's What We Know:



1 in 6 U.S. youth aged 6-17 experience serious mental illness each year. 113,000 Ohioans age 12-17 have depression.



1 in 20 U.S. adults experience serious mental illness each year. In Ohio, 478,000 adults have a serious mental illness.



10,655 people in Ohio are homeless and 1 in 5 live with a serious mental illness.



On average, 1 person in the U.S. dies by suicide every 11 minutes. In Ohio, 1,838 lives were lost to suicide and 461,000 adults suicidal thoughts in the last year.

Learn more at: richlandmentalhealth.com; cdc.gov/mentalhealth/; nami.org; nimh.nih.gov

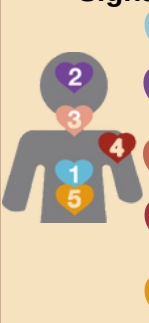
May is High Blood Pressure Awareness Month

Blood pressure (BP) measures the pressure inside the body's artery walls as blood flows through them. The first number, systolic, measures when the heart beats. The second number, diastolic, measures when heart rests between beats. Normal BP is less than 120/80mmHG. Hypertension or **high blood pressure** is 140/90mmHg or greater. The higher the BP, the greater the risks for **heart disease, heart attack** or **stroke**, leading causes of death in the U.S. Richland Public Health encourages everyone to monitor their blood pressure. RPH **Public Health Nurses** provide **FREE** BP readings at Community Health Screenings and also makes blood pressure cuff kits available at Richland Public Libraries. Borrow a blood pressure cuff kit from the libraries for 14 days with a regular library card.

You cannot control your age, genetics and family history. Know your risks and choose a lifestyle to reduce some risks for high blood pressure, for example:

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

Signs of a HEART ATTACK



- 1 Pain or discomfort in chest
- 2 Lightheadedness, nausea, or vomiting
- 3 Jaw, neck or back pain
- 4 Discomfort or pain in arm or shoulder
- 5 Shortness of breath



Learn more at Heart.org

Act - F.A.S.T. if you witness signs of a Stroke

Richland Public Health brings this reminder during Stroke Awareness Month

FACE DROOPING: Ask the person to smile. Does one side of the face droop?

ARM WEAKNESS: Ask the person to lift both arms. Does one arm drift downward?

SPEECH DIFFICULTY: Ask the person to repeat, "the sky is blue." Is it clear?

TIME TO CALL 911: Call 911 **NOW** if you witness any of the above symptoms.

National Health Observances for May: Hepatitis Awareness Month; Older Americans Month; Teen Pregnancy Prevention Month **May 8-14:** Women's Health Week; **May 25:** Senior Health & Fitness Day; **May 31:** World No Tobacco Day

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 (visits).....	127.....	350
International Travel (visits).....	1.....	5
Nurse Appointments.....	53.....	111
Vaccinations (COVID/Other).....	21.....	295
Total		
Visits	140.....	568

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

Public Health Nursing	March	YTD
CMH (case contacts).....	308.....	885
Community Health Screenings.....	4.....	12
Influenza Vaccines.....	13.....	13
Lead Case Management.....	0.....	0
Newborn/Prenatal Home Visits.....	11.....	28
Cribs distributed.....	4.....	13
School Nurses (student care YTD).....	340.75...	809.25

Communicable Disease Report

Infectious Disease (not flu/sti/COVID).....	18.....	45
Influenza (A&B).....	131.....	214
Hospitalizations due to Influenza.....	1.....	2
COVID-19 (Coronavirus).....	236.....	6,709
Hospitalizations due to COVID.....	11.....	240

Sexually Transmitted Infections

STI Positive Results.....	56.....	56
Chlamydia.....	49.....	128
Gonorrhea.....	22.....	46
Syphilis.....	2.....	11

WIC Services-March

New Participants	166
Recertifications	109
Other Contacts	467
Total Ashland & Richland Counties:	742



May 9-15 is National Women's Health Week

Schedule your well-woman visit with your health care provider. Discuss family history, family planning, and personal habits, such as alcohol and tobacco use. Schedule necessary tests, **screenings** like the ones offered by **Richland Public Health Nurses**.

Set healthy goals like: keep good sleep habits, maintain healthy relationships, be active, maintain a healthy weight and do good things for you and your happiness.

LIVE WELL & BE WELL

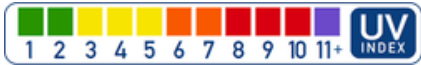
May is Skin Cancer Awareness Month

Don't Fry Day - May 27

Skin is largest organ of the body. Skin cancer is the most common cancer in the U.S. Melanoma is the third most common and the deadliest type of skin cancer.

Ultraviolet (UV) light, an invisible type of radiation that comes from **the sun, tanning beds and sunlamps** and the rays can damage unprotected skin in just 15 minutes. Check your skin regularly. Talk to your doctor about any new growths, or changes in feeling, appearance, or size in existing moles.

If the UV index is 3 or higher, protect your skin and eyes from too much exposure to the sun.



- 0 to 2:** Low to No protection needed. You can safely stay outside with minimal protection.
- 3 to 7:** Moderate to High protection needed. Seek shade **late morning through mid-afternoon**, use broad spectrum SPF 15 or greater, wear protective clothing and sunglasses.
- 8+:** Very High protection needed. If your shadow is shorter than you, seek shade **late morning through mid-afternoon**, use broad spectrum SPF 15 or greater, wear protective clothing and sunglasses.

Do You Know The Shadow Rule?

Look for your shadow to see if you're getting too much UV exposure.

- If your **shadow is taller than you (early morning and late afternoon)**, your UV exposure is likely lower.
- If your **shadow is shorter than you (around midday)**, your UV exposure is likely higher. **Seek shade and protect your skin and eyes.**

Bike and Motorcycle Safety Awareness

Tips for Safe Bike and Motorcycle Travel:

- Always wear a helmet and protective gear.
- Make sure your bike is safe and road-ready.
- Be seen and watch for other drivers and pedestrians.

All Drivers Share the Road and the Responsibility:

- Drive sober and undistracted.
- Obey the traffic laws and properly signal.
- Bikers and Motorcyclists may use the full lane.
- Slow down and only pass when it is safe.

- Always look twice for Motorcycles and for Bikes!!

MAKE PLANS FOR BRIGHTER DAYS

Call today to get your **BOOSTER**
419-774-4700

For COVID-19 Updated guidance:
Visit richlandhealth.org

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).....	119	334
Births to Teens	3	12
Repeat Births*.....	79	204
	March	YTD
Total Deaths	155	549
Female.....	67	272
Male.....	88	277

Causes of Death

Accidents (drugs/falls/crashes).....	2	8
Alzheimers/Dementia.....	17	52
Cancer.....	2	90
COVID-19 (Coronavirus).....	6	79
Flu/Pneumonia.....	8	19
Heart Related.....	47	136
Homicides.....	0	1
Lung Diseases.....	7	25
Renal/Kidney.....	8	19
Strokes/CVA.....	4	16
Suicides.....	3	9
Other (not listed above).....	14	53
Deaths Pending Autopsy.....	11	35

*Repeat Birth= two or more live births

Birth & Death statistics include City of Shelby
Deaths of residents occurring outside of Richland County are not reflected in county death statistics.

Infant Mortality: Richland County

March: 0 **Year To Date: 1**

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. Remember:

SAFE SLEEP ABC's: Alone, on Back, in a Crib.

CALLING THE HEALTH DEPARTMENT

Main Number.....	419-774-4500
Comm. 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

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

RETURN SERVICE REQUESTED

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



555 Lexington Ave., Mansfield, Ohio 44907
419-774-4500 • www.richlandhealth.org
Prevent. Promote. Protect.
Richland Public Health