

## American Diabetes Month

*November 14 World Diabetes Day Access to Diabetes Care*

**Insulin** is a hormone that the body needs to get blood glucose (carbohydrates that the body has broken down from food we have eaten) from the bloodstream into the cells of the body to be used for energy.

**Diabetes is a chronic** (long-lasting) health condition that affects how your body turns food into energy.

**Type 1 diabetes** occurs when the body does not produce insulin.

**Type 2 diabetes**, the most common form of diabetes, occurs when the body doesn't use insulin properly.

**Gestational diabetes** occurs during pregnancy when the body cannot make enough insulin.

Check your Blood Sugar for FREE at

Richland Public Health

3rd Tuesday of the month

9-10:30AM

555 Lexington Ave.

Find a complete list of Community Health Screenings, information and locations at [richlandhealth.org](http://richlandhealth.org)

Managing diabetes can vary from person to person. Work with your healthcare provider to strive for the most healthy lifestyle.

- Make and keep health care appointments.
- Take medication as prescribed.
- Use self-management education and support to help maintain a nutritious diet, a healthy weight, activity, and manage stress and sleep.

The Blood Sugar test screens for hyperglycemia (high blood sugar) and hypoglycemia (low blood sugar). One cause of high blood sugar is diabetes.\*

\* This screening is not intended to diagnose any medical condition. Any abnormal results should be confirmed by a healthcare provider.

## Hear Her. You Can Help Save Her Life.

Over 700 women die each year in this country from problems related to pregnancy or delivery complications. Two thirds of pregnancy-related deaths could be prevented. As many as 50,000 women experience severe, unexpected health problems related to pregnancy that may have long-term health consequences.

CDC's Division of Reproductive Health is committed to healthy pregnancies and deliveries for every woman. The Hear Her campaign supports CDC's efforts to prevent pregnancy-related deaths by sharing potentially life-saving messages about urgent warning signs.

Women know their own bodies better than anyone and can often tell when something does not feel right. The campaign seeks to encourage partners, friends, family, coworkers, and providers—anyone who supports pregnant and postpartum women—to really listen when she tells you something doesn't feel right. Acting quickly could help save her life.

**"A woman knows her body. Listening and acting upon her concerns during or after pregnancy could save her life."**

**-Dr. Wanda Barfield, Director of CDC's Division of Reproductive Health**

Richland Public Health's **Women Infant and Children (WIC)** is the nation's premier health and nutrition program for pregnant women, women with a baby less than six months old, breastfeeding mothers, and families of infants and children up to 5 years old. Licensed dieticians provide support for everything from education, to providing nutritious food to nurture a successful breastfeeding journey for the mother and the baby.

**Call for an appointment:**

**Richland WIC: 419-774-4560 or Ashland WIC: 419-289-3359**

## 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 through our home visits.

Public Health Clinic	Sept	YTD
Immunizations (visits).....	268.....	1,743
International Travel (visits).....	2.....	.68
Nurse Appointments.....	53.....	.384
Vaccinations (COVID/Other).....	103.....	.771
<b>Total Visits.....</b>	<b>355.....</b>	<b>2,077</b>

All visits to the clinic are by appointment.

Call 419-774-4700 to schedule an appointment.

Walk-In's are Welcomed

Public Health Nursing	Sept	YTD
CMH (case contacts).....	415.....	3,535
Community Health Screenings.....	184.....	.673
Lead Case Management.....	0.....	.0
Newborn/Prenatal Home Visits.....	7.....	.24
Cribs distributed.....	4.....	.36
School Nurses (student care YTD).....	320.....	320

## Communicable Disease Report

Infectious Disease (not flu/sti/COVID)....	14.....	149
Hospitalizations due to Influenza.....	0.....	.6
COVID-19 (Coronavirus).....	806.....	11,563
Hospitalizations due to COVID.....	9.....	373

## Sexually Transmitted Infections

STI Positive Results.....	57.....	498
Chlamydia.....	43.....	370
Gonorrhea.....	14.....	128
Syphilis.....	0.....	0

## WIC Services- Jan.

New Participants

Recertifications

Other Contacts

**Total Ashland & Richland Counties-**



113

111

571

795



# Lung Cancer Awareness Month

Richland Public Health encourages awareness and promotes prevention of lung cancer.



- Cancer causes cells in the body to grow out of control.
- >Lung Cancer is when cancer starts in the lungs.
- >Lung is the third most common cancer in the United States.



**SMOKING is the single largest preventable cause of death and illness in the world.** Smoking can cause cancer and then block your body from fighting it. Nearly 9 out of 10 lung cancers are caused by smoking cigarettes.

**The Great American Smokeout** event is the third Thursday each November and is a great time to join others across the nation in a day of supporting a smoke free future.

**YOU CAN QUIT!** These resources can help today:

- 1-800-QUIT-NOW offers free telephone support,
- Smokefree.gov is an on-line resource and
- CDC Tobacco Free on Facebook has on-line support.



**RADON is the leading cause of Lung Cancer among NON-SMOKERS and Second Leading for Smokers.** Radon is a gas that you cannot smell, taste, or see. It comes naturally from rocks and soil, and can dissolve in groundwater. Radon can get into homes or buildings through small cracks or holes and build up to higher levels. People who live or work in homes and buildings breathe in high radon levels over long periods of time can develop lung cancer.

According to estimates from the Environmental Protection Agency:

- Radon causes over 21,000 lung cancer deaths each year.
- 1 in 15 homes in the United States have high radon levels.

**The good news is that lung cancer from radon is preventable**



RPH's **Environmental Health Division** encourages Ohio residents to check their homes for high levels of radon. Get a Free Radon Test Kit from the Ohio Department of Health at this link: [ohio.radon.com](http://ohio.radon.com)

**It's Alzheimer's Awareness Month**  
**Though those with Alzheimer's might forget us, we as a society must remember them.**  
<https://www.alz.org>

Let's **mitigate** the **illness**

**COVID-19** **FLU**

**Remember to get your COVID-19 Booster and Flu Shot**  
**Call today to schedule an appointment 419-774-4700**

**"Autumn shows us how beautiful it is to let things go"**  
**-Unknown**

## 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](http://richlandhealth.org) or call 419-774-4500.

	Sept	YTD
<b>Total Births</b> (all ages).....	93.....	948
Births to Teens .....	2.....	48
Repeat Births*.....	58.....	583

	Sept	YTD
<b>Total Deaths</b> .....	100.....	1,318
Female.....	44.....	649
Male.....	56.....	669

### Causes of Death

Accidents (drugs/falls/crashes).....	4.....	75
Alzheimers/Dementia.....	11.....	108
Cancer.....	12.....	213
COVID-19 (Coronavirus).....	1.....	101
Flu/Pneumonia.....	2.....	45
Heart Related.....	34.....	351
Homicides.....	0.....	6
Lung Diseases.....	0.....	61
Renal/Kidney.....	7.....	54
Strokes/CVA.....	6.....	47
Suicides.....	1.....	24
Other (not listed above).....	17.....	189
Deaths Pending Autopsy.....	3.....	6

\*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

**September: 2** **Year To Date: 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. 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 Renda Cline, Health Education and Communications Specialist, at 419-774-4726 or email [rcline@richlandhealth.org](mailto:rcline@richlandhealth.org)



**Richland Public Health**  
 Prevent, Promote, Protect.  
 555 Lexington Ave., Mansfield, Ohio 44907  
 419-774-4500 • [www.richlandhealth.org](http://www.richlandhealth.org)

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