



Richland Public Health

Prevent. Promote. Protect.

HEALTH REPORT

Health news, statistics and information for Richland County

National Safe Sleep and SIDS Awareness Month



Richland Public Health (RPH) urges parents and caregivers to **room-share**. Share the room, not the bed. Room-sharing is when an infant or child sleeps in the same room, within arms reach, but out of harm's way on a separate surface from a parent, caregiver or sibling. Each year 3,500 babies die in their sleep by what is classified as either Sudden Unexpected Infant Death or a subcategory known as Sudden Infant Death Syndrome. Room-sharing has been shown to reduce the risk of death by up to 50% by preventing suffocation, entrapment, and strangulation. The American Academy of Pediatrics recommends room-sharing for newborns up to 1 year of age.

Room-sharing with infant

RPH's *Newborn Home Visits* program is administered by Registered Nurses. Nurses provide participants education, support and referrals for the best outcomes for the baby, during home visits. Through RPH's partnership with Cribs for Kids, safe sleep for infants and children is promoted and supported. Program approved education and resources, like the Cribette, are given to qualified recipients. The Cribette, when appropriately positioned as either a bassinet position or crib position provides a safe place for an infant or small child to sleep in the same room, but on separate surface from their caregiver or family member. Education, safety awareness and Cribettes help lower a baby's risk of accidental death.

Remember the ABC's of Safe Sleep

Alone - baby should sleep alone - no one should sleep with baby.

Back to sleep - babies positioned on their backs can cough to clear fluids and prevent choking.

Crib - place baby in a crib free of toys, pillows or positioners - for all naps and night time sleep.

For more information, call Public Health Nursing at 419-774-4540.



Cribette

Stay Well with Vaccinations and Boosters

Stay well as the weather changes and brings us closer together indoors.

Influenza (flu) viruses are present throughout the entire year. However, we see the numbers of infected people rise during the months between October and May. The Centers for Disease Control and Prevention (CDC) surveillances influenza data to protect the public all year round. Peaks in flu activity are typically noted between December and February. This is generally the time the CDC has recorded higher incidents of illness, hospitalizations and even death. The CDC recommends everyone 6 months & older receive a yearly flu vaccine between August and November.

COVID-19 continues to threaten the health, safety and wellbeing of everyone even after the virus is no longer active in the body. The CDC recommends everyone 6 months & older receive the COVID-19 vaccine. Protect yourself, and your community with a vaccine or booster, as recommended.

Visit vaccines.gov/search or call 1-800-232-0233 (TTY 1-888-720-7489) for a current location list of all COVID-19 vaccines across the U.S.

Schedule a Moderna vaccine or booster for ages 18 and up.
Call Richland Public Health at 419-774-4700 for an appointment.
 The viruses can cause illness and complications,

but they are not the same.



Richland Public Health encourages you to share good times, not bad germs.

get your flu vaccine and COVID-19 vaccine/booster this year.

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	August	YTD
Immunizations (visits).....	124.....	223
International Travel (visits).....	1.....	4
Nurse Appointments.....	0.....	0
Vaccinations (COVID/Other).....	45.....	274
Total Visits.....	135.....	428

All visits to the clinic are by appointment.
 Call 419-774-4700 to schedule an appointment.
 Walk-In's are Welcomed

Public Health Nursing	August	YTD
CMH (case contacts).....	361.....	3,103
Community Health Screenings.....	8.....	38
Lead Case Management.....	0.....	0
Newborn/Prenatal Home Visits.....	10.....	144
Cribettes distributed.....	5.....	32
School Nurses (student care YTD).....	7.....	289

Communicable Disease Report

Infectious Disease (not flu/sti/COVID).....	25.....	135
Hospitalizations due to Influenza.....	0.....	6
COVID-19 (Coronavirus).....	1,376.....	10,757
Hospitalizations due to COVID.....	7.....	1,188

Sexually Transmitted Infections

STI Positive Results.....	61.....	441
Chlamydia.....	38.....	327
Gonorrhea.....	23.....	114
Syphilis.....	0.....	0

WIC Services- Jan.

New Participants	218
Recertifications	106
Other Contacts	540
Total Ashland & Richland Counties-	864



National Health Education Week is October 17-21

The Society for Public Health Education mission says,

"Health education specialists offer knowledge, skills, and training that complement health providers, policymakers, educational experts, human resource personnel, and other professionals whose work impacts human health."

Taking part in Drug Take Back Days and sober parties are examples of the engagement provided by Health Educator **Gurpinder Deol**. The Drug Free Communities Grant-Richland County Youth Substance Use Coalition works in the community to prevent youth substance use.



Kashema Ginn, Health Educator assists a community team by providing evidence-based adult preparation curriculum to at-risk youth ages 14-21 years through the Ohio Department of Youth Services Personal Responsibility Education Program (PREP). "Making Proud Choices" is the goal in preventing adverse

outcomes. The Smile Big Richland program, sponsored by Richland County Foundation, is designed to prevent tooth decay in you. Health Educator, **Shane Myers** delivers education and proper dental hygiene products for the county's residents ages 0-18 years old.



Health literacy is a large determinant of health status and without these components offered by health education specialists, members in each community can be greatly affected.

Learn more at richlanhealth.org

<https://www.sophe.org/focus-areas/national-health-education-week/>

The best time to plant a tree was 20 years ago. The second best time is now. Chinese Proverb



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.

	August	YTD
Total Births (all ages).....	99	855
Births to Teens	6	46
Repeat Births*.....	62	525
	August	YTD
Total Deaths	140	1,247
Female.....	66	605
Male.....	77	613

Causes of Death

Accidents (drugs/falls/crashes).....	7	64
Alzheimers/Dementia.....	15	97
Cancer.....	24	201
COVID-19 (Coronavirus).....	8	100
Flu/Pneumonia.....	2	43
Heart Related.....	32	315
Homicides.....	1	6
Lung Diseases.....	9	61
Renal/Kidney.....	3	47
Strokes/CVA.....	2	41
Suicides.....	1	23
Other (not listed above).....	25	172
Deaths Pending Autopsy.....	8	12

*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.

**October 2-8 is National Mental Illness Awareness Week
October 6 is National Depression Screening Day**

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



Need to TALK?

You're not alone in the storm



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

WATCH FOR THE DEER.

They are probably not looking for you.

YOU LOOKING FOR ME?

- Always wear your seatbelt
- Scan the road
- Use caution at dawn and dusk
- Use high beam headlights when able



Infant Mortality: Richland County

August: 2 **Year To Date: 3**

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

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

