

## September is National Suicide Prevention Month ~ *It's Okay to Talk about Suicide*

September 12 World Suicide Prevention Day

Suicide takes  
1 life every 11 seconds

**BETHE 10  
ASK  
BE THERE  
KEEP THEM SAFE  
CONNECT THEM TO RESOURCES  
FOLLOW UP**

September 18-24 Suicide Prevention Awareness Week

- Thoughts of giving up and suicide can be frightening.
- Not taking these kinds of thoughts seriously can have devastating outcomes.
- Suicide is a serious and PREVENTABLE public health problem. End the stigma.

### Need to TALK?

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

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

If the meaning of your life is lost. Ask someone for help finding it.

## Falls Prevention Awareness Month

September 18-24, 2022 Falls Prevention Awareness Week

Decrease Your Fall Risk

### Talk to Your Doctor-

- Have your eyes and feet checked at least once per year.
- Know your risk for falls by discussing and understanding any diagnosis and medications that may cause instability or dizziness.

### Eat a Balanced Diet-

- Eat foods rich in calcium, Vitamin D and stay hydrated.

### Do Strength and Balance Exercises-

- Exercises like Tia Chi can improve strength, coordination, balance and confidence.

### Keep Your Home Safe-

- Keep floors and stairs free of clutter, throw rugs, and loose carpet/tiles.
- Use grab bars in bathrooms and hand rails near stairs.
- Use appropriate footwear and lighting for walking and moving safely.

### Enlist the Support and Assistance of Family and Friends-

- If you fall, get medical treatment for any injury. Assess the cause and reduce your fall risk.

<https://www.ncoa.org/older-adults/health/prevention/falls-prevention>  
<https://www.cdc.gov/falls/index.html>

## September is Healthy Aging Month

Richland Public Health (RPH) wants residents 60 years and older to *monitor their health, stay active and stay connected.* Visit a local senior social time filled with good food, activities, speakers, educational resources and opportunities. Try the **NECIC/ Elder Program**

held the second and fourth Tuesdays of each month, at Neighborhood Outreach Center 486 Springmill St., Mansfield.

Let a **Public Health Nurse** check your **blood pressure** or **blood sugar** at one of

### Richland Public Health's FREE Community Health Screenings:

**Richland Public Health, 555 Lexington Ave., Mansfield**

3rd Tuesday of the month 9-10:30 AM **Sept 13**

**Shiloh Senior Center, 18 Main St W, Shiloh**

1st Thursday of odd Months 9-10:30 AM **Nov 3**

**Area Agency on Aging, 2131 Park Ave W Suite 300, Mansfield**

1st Tuesday of even months 10:30 AM-12:30 PM **Oct 4**

**Yes We Can Senior Center, 271 Hedges St, Mansfield**

12:30-1:30 PM **Oct 20**

**Lexington Senior Civic Center, 67 E Main St, Lexington**

10:30-11:30 AM **Sep 6**

For more information about community health screenings visit:

<https://richlandhealth.org/our-community/community-health-screenings>



### Falls Facts

\*1/4 of Americans age 65+ fall each year.

\*One out of five falls cause serious injuries.

\*Falls cause 95% of hip fractures.

\*Falls cause the most Traumatic Brain Injuries.

### 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	July	YTD
Immunizations (visits).....	359.....	1,075
International Travel (visits).....	20.....	46
Nurse Appointments.....	57.....	266
Vaccinations (COVID/Other).....	49.....	623
<b>Total Visits.....</b>	<b>255.....</b>	<b>1,413</b>

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

Public Health Nursing	July	YTD
CMH (case contacts).....	429.....	2,733
Community Health Screenings.....	89.....	424
Lead Case Management.....	0.....	0
Newborn/Prenatal Home Visits.....	7.....	134
Cribettes distributed.....	5.....	27
School Nurses (student care YTD).....	7.....	7

### Communicable Disease Report

Infectious Disease (not flu/sti/COVID).....	17.....	93
Hospitalizations due to Influenza.....	0.....	6
COVID-19 (Coronavirus).....	1,383.....	9,381
Hospitalizations due to COVID.....	34.....	316

### Sexually Transmitted Infections

STI Positive Results.....	42.....	380
Chlamydia.....	38.....	289
Gonorrhea.....	4.....	91
Syphilis.....	0.....	0

### WIC Services- July.

New Participants	164
Recertifications	109
Other Contacts	555
<b>Total Ashland &amp; Richland Counties-</b>	<b>828</b>



You're not getting older.  
You're becoming a LEGEND.  
Stay active and stay safe.



"Living safely may get old, but so do those who practice it."  
~Author Unknown~

# Child Passenger Safety Week September 18-24

Richland Public Health (RPH) encourages car seat and seat belt use.

Crash- noun



A violent collision, typically of one vehicle with another or with an obstacle.



**Newton's first law of motion** states that if a body is at rest or moving at a constant speed in a straight line, it will remain at rest or keep moving in a straight line at a constant speed unless it is acted upon by a force ( stopped ).



**This means** when riding in a vehicle, the vehicle and all its passengers are all objects in motion, traveling at the same speed. A crash causes a sudden stop of a vehicle, while the people remain in motion until something also stops them from moving. A child's properly fitting car seat harness ( the outside force ) slows or stops the child's movement. Seat belts ( the outside force ) protect older children and adults in the same way and also keep people positioned in front of an airbag to help reduce the impact in a crash and may saves lives.

**\*\*\*DID YOU KNOW? \*\*\***

**Three out of four crashes occur within 25 miles of home.**

**REMEMBER**

\*Use the manufacturer installation instructions for all car seats or booster seats.

\*Make sure everyone in the vehicle is buckled in an age appropriate and size appropriate car seat, booster seat or seat belt.

**\*Richland Public Health's Child Passenger Safety Technicians**

will assist you with

**any car seat and booster seat installation FREE of Charge**

**or inspect your current installation FREE of Charge.**

Call 419-774-3541 today for an appointment .



REAR-FACING CAR SEAT



FORWARD-FACING CAR SEAT



BOOSTER SEAT



SEAT BELT

[odh.ohio.gov/know-our-programs/child-injury-Prevention/child-passenger-safety/](http://odh.ohio.gov/know-our-programs/child-injury-Prevention/child-passenger-safety/)  
<https://www.safekids.org/blog/5-basic-car-seat-rules-every-parent-needs-know>

## NATIONAL PREPAREDNESS MONTH

September 15 Get Ready Day

Register for Richland County Alerts at  
[entry.inspironlogistics.com/richland\\_oh/wens.cfm](http://entry.inspironlogistics.com/richland_oh/wens.cfm)

**▲ ADVISORY-BE AWARE!**

**▲ WATCH - BE PREPARED!**

**▲ WARNING-TAKE ACTION!**

learn more about *Whole Community Planning* at  
[richlandhealth.org/personal/weather-safety-tips](http://richlandhealth.org/personal/weather-safety-tips)  
[www.ready.gov/plan](http://www.ready.gov/plan)



**Safety doesn't happen by accident.**

**Author 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.

	July	YTD
<b>Total Births</b> (all ages).....	117	756
Births to Teens .....	6	40
Repeat Births*.....	75	463
	July	YTD
<b>Total Deaths</b> .....	130	1102
Female.....	67	548
Male.....	63	554

### Causes of Death

Accidents (drugs/falls/crashes).....	8	53
Alzheimers/Dementia.....	4	82
Cancer.....	25	177
COVID-19 (Coronavirus).....	5	92
Flu/Pneumonia.....	3	41
Heart Related.....	31	282
Homicides.....	1	5
Lung Diseases.....	5	52
Renal/Kidney.....	2	44
Strokes/CVA.....	7	39
Suicides.....	1	22
Other (not listed above).....	32	147
Deaths Pending Autopsy.....	6	9

\*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

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

September 15 Get Ready Day

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

