



Mansfield/Ontario/Richland County Health Department

Health Report

Protecting & Promoting
Health with an
Ounce of Prevention

February is American Heart Month



Focus on the Heart

Cardiovascular diseases, including stroke, are our nation's No. 1 killer. To urge Americans to join the battle against these diseases, since 1963 Congress has required the president to proclaim February "American Heart Month."

Statistics

Coronary heart disease is the No. 1 cause of death in the United States. Stroke is the No. 3 cause of death in the United States and a leading cause of serious disability. That's why it's so important to reduce your risk factors, know the warning signs, and know how to respond quickly and properly if warning signs occur.

Heart Attack Warning Signs

Some heart attacks are sudden and intense — the "movie heart attack," where no one doubts what's happening. But most heart attacks start slowly, with mild pain or discomfort. Often people affected aren't sure what's wrong and wait too long before getting help. Here are signs that can mean a heart attack is happening:

- Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- Shortness of breath with or without chest discomfort.
- Other signs may include breaking out in a cold sweat, nausea or lightheadedness.

Stroke Warning Signs (from the American Stroke Association)

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden, severe headache with no known cause

If you or someone with you has one or more of these signs for either a heart attack or a stroke, don't delay! Immediately call 9-1-1 or the emergency medical services (EMS) number so an ambulance (ideally with advanced life support) can be sent for you. The faster you can get medical care the better chances are for both survival and decreasing the bad side effects.

Numbers for 2008 for Richland County show that 140 women and 163 men died from coronary heart disease. That represents 30% of the deaths in Richland County (excludes Shelby). 77 individuals died from strokes, the fourth leading killer in Richland County behind cancer and lung diseases.

National Health Observances: February

Cancer Prevention Month; American Heart Month; Low Vision Awareness Month; Feb. 6 Wear Red Day; Feb. 14: National Donor Day; Feb. 22-28: Eating Disorders Awareness.

Winter Hike For Health, Feb. 21

The Health Department will be sponsoring the annual Winter "Hike For Health," Saturday, February 21, at Malabar Farm.

The hikes through the woods to enjoy the winter wonderland at Malabar Farm will be from 10 a.m. to 2 p.m. Hikes are self-guided and generally last about a half-hour. They are on easy trails so everyone in the family can participate. Children must be accompanied by adults.

Hiking is promoted as a healthy form of exercise in Ohio state parks. Hikers are encouraged to wear sturdy hiking boots as the trail conditions may be somewhat snowy and icy.

Since Pugh Cabin is closed, the starting point for hikers this year will be at the Visitor Center where maps of the walking trails will be available. Hot beverages and food for hikers will also be provided.

For more information about the "Hike For Health" call (419) 774-4544.



Region 5* Cancer Screenings

	Dec.	YTD
Pap Smears	90	1,015
Mammograms	95	1,062
Women Enrolled	56	1,062

*Serving women in Ashland, Crawford, Huron, Knox, Marion, Morrow, Richland, Seneca & Wyandot.

PUBLIC HEALTH

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	Dec.	YTD
AIDS Medical Clinic	5	75
Child Health	42	457
Clinic Flu Shots (Oct.-Feb.)	244	984
General Health	309	3,386
HIV/AIDS Testing	37	220
Immunizations (Patients)	223	3,146
Adult Immunizations (# of Shots)	182	2,105
Child Immunizations (# of Shots)	514	7,610
Satellite Immunizations (Patients)	19	521
International Travel (Patients)	38	468
Nutrition Education	1	20
Prenatal/OBGYN	56	689
Reproductive Health*	97	1,034
TB Testing	109	1,844
Total Visits	1,180	12,844

*Combines STD & Pregnancy Test with Women's Health

Public Health Nursing	Dec.	YTD
BCMH	450	5,489
Community Health Screenings	28	1,074
Hearing Clinic	0	95
Influenza Vaccines (Flu Shots)	149	4,501
Lead Investigations	0	19
Newborn Home Visits	34	463
HMG Referrals	5	101
School Nurse Hours	781	9,394
Senior Health Assessment	138	1,856
Infectious Diseases*	37	1,088

Sexually Transmitted Diseases

STD <u>Positive</u> Results	53	707
Chlamydia	37	507
Gonorrhea	15	193
HIV	0	5
Syphilis	1	2

*Other than STDs. Includes inspections, investigations, and consultations. Numbers exclude City of Shelby.



Mansfield/Ontario/Richland County Health Department
Health Report Back Beat

Joint Agreement will allow Health Dept. to Vaccinate More Children

The Mansfield/Ontario/Richland County Health Department can now vaccinate more area children because of a Partnership with the Tuscarawas County General Health District.

Loretta Cornell, Clinic Nursing Supervisor says, "Now, children can receive all available vaccines at the Health Department Clinic".

Until now, due to funding limitations, only some vaccines were available at local health department clinics.

"This agreement will lead to a healthier and safer environment for children in Richland County," said Stan Saalman, Health Commissioner. "It just goes to show the power of partnership."

The Mansfield/Ontario/Richland County Health Department estimates it will be able to vaccinate 15% more of the area children because of this agreement facilitated by the Ohio Department of Health (ODH).

"By working together, we have the opportunity to vaccinate 7,000 more children as we continue our efforts to turnaround Ohio," said ODH Director Alvin D. Jackson, M.D. "It is imperative children be vaccinated to protect and improve their health and the health of our communities."

Ohio is the 23rd state to implement such agreements between health districts in Ohio, and 113 local health districts in Ohio are participating; Ohio has 130 local health departments.

ENVIRONMENTAL HEALTH

The Environmental Health Services division directs a variety of programs that prevent, protect and educate our community about potentially harmful elements in our environment.

Contacts*	Dec.	YTD
Air pollution	34	171
Campgrounds	0	28
Communicable diseases	2	8
Foodborne outbreaks	7	10
Food Services (all types)	296	3,089
Lead contamination	39	287
Manufactured Home Parks	20	126
Nuisance - food	8	29
Nuisance - other	5	84
Nuisance - housing	9	192
Nuisance - sewage	1	144
Nuisance - insects & rodents	13	146
Nuisance - solid waste	19	550
Other (not categorized)	57	358
Rabies control (dogs & cats)	11	184
Rabies control (wild & others)	12	48
Plumbing - residential	154	1,463
Plumbing - commercial	236	1,498
Plumbing - other	33	397
Schools/Institutions	8	203
Sewage System	65	924
Sewage - New residential	22	461
Smoke-free Workplace	24	192
Solid Waste	38	425
Swimming Pools	13	318
Tattoo/Piercing Parlors	4	19
Vector Control	0	185
Water Supply (all types)	45	405
New residential, water	18	337
Totals All Contacts	1,193	12,281

*Inspections, investigations and consultations

CALLING THE HEALTH DEPARTMENT

Main Number	419-774-4500
Public Health Clinic.....	419-774-4700
Public Health Nursing.....	419-774-4540
Environmental Health.....	419-774-4520
Health Promotion/Education.....	419-774-4544
WIC.....	419-774-4560

WIC Services - Dec.

New Participants	178
Recertifications	468
Other Contacts	392
Total Contacts	1,038



Health Report

VITAL STATISTICS

The Vital Statistics division maintains records of all births and deaths in Richland County since 1908 (excluding Shelby). For information on obtaining a birth or death certificate, check the website at www.richlandhealth.org or call 419-774-4500.

	Dec.	YTD
Total Births*	110	1360
Repeat Births	63	773
Teenage Births	15	222
Age 13 or younger	0	1
Age 14	0	2
Age 15	1	11
Age 16	2	25
Age 17	0	37
Age 18	7	59
Age 19	5	87
Unwed Teens	13	198
Repeat Births to Teens	2	50
Births to All Unweds	39	478

	Dec.	YTD
Total Deaths*	110	1015
Female	61	531
Male	49	484

Causes of Death	Dec.	YTD
Heart Related	37	303
Cancer	17	211
Lung	2	73
Breast	2	23
Colon	1	21
Prostate	1	12
Ovarian/Cervical	1	6
Other	9	76
Lung Diseases	14	109
Strokes/CVA	6	77
Alzheimers	6	66
Renal/Kidney	4	57
Flu/Pneumonia	5	43
Accidents (includes crashes)	1	28
Suicides	2	16
Stillbirths	0	6
Homicides	0	2
Pending Autopsy	5	5
Other (not listed above)	13	85

*Births & Deaths exclude City of Shelby



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