



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 light-headedness.

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 2009 for Richland County show that 180 women and 184 men died from coronary heart disease. That represents 34% 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. 5 Wear Red Day; Feb. 14: Blood Donor Day; Feb. 21-27: Eating Disorders Awareness.

Winter Hike For Health, Feb. 20

The Health Department will be sponsoring the annual Winter "Hike For Health," Saturday, February 20, 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 snowy and/or icy.

The starting point for hikers is 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.

Call 419-774-4542 for info on H1N1 Clinics.

Region 5* Cancer Screenings		
	December	YTD
Pap Smears	60	1,007
Mammograms	85	1,047
New Women Enrolled	89	1,087

*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	6	50
Child Health	30	461
Clinic Flu Shots (Oct.-Feb.)	185	888
General Health	297	3,845
HIV/AIDS Testing (In House)	13	190
Immunizations (Patients)	210	3,013
Adult Immunizations (# of Shots)	276	2,702
Child Immunizations (# of Shots)	505	6,846
Satellite Immunizations (Patients)	9	487
International Travel (Patients)	33	387
Nutrition Education	0	3
Prenatal/OBGYN	40	812
Reproductive Health*	83	1,099
TB Testing	57	1,455
Total Visits	967	12,690

*Combines STD & Pregnancy Test with Women's Health

Public Health Nursing	Dec.	YTD
BCMH (total contacts)	331	6,084
Community Health Screenings	28	746
Influenza Vaccines (Flu Shots)	0	4,492
H1N1 Vaccines	5,453	12,259
Lead Investigations	1	24
Public Health Home Visits	0	70
Referrals to Community Agencies	0	49
School Nurse Hours	918	11,154
Senior Health Assessment	205	2,125
Infectious Diseases*	50	966

Sexually Transmitted Diseases

STD Positive Results	25	639
Chlamydia	23	448
Gonorrhea	2	182
AIDS/HIV	0	4
Syphilis	0	5

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



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

Eating Disorders Awareness

National Eating Disorder Awareness Week, February 21-27, is committed to raising awareness of the dangers surrounding eating disorders and the need for early intervention and treatment. There are three primary types of eating disorders:



Anorexia Nervosa

Anorexia Nervosa is a serious, potentially life-threatening eating disorder characterized by self-starvation and excessive weight loss.

Binge Eating Disorder

Binge Eating Disorder (BED) is a type of eating disorder not otherwise specified and is characterized by recurrent binge eating without the regular use of compensatory measures to counter the binge eating.

Bulimia Nervosa

Bulimia Nervosa is a serious, potentially life-threatening eating disorder characterized by a cycle of bingeing and compensatory behaviors such as self-induced vomiting designed to undo or compensate for the effects of binge eating.

In the United States, as many as 10 million females and 1 million males are fighting a life and death battle with an eating disorder such as anorexia or bulimia. Millions more are struggling with binge eating disorder.

To talk to someone locally about eating disorders, call MedCentral Health System at 419-520-2519.

WIC Services - Dec.

New Participants	168
Recertifications	451
Other Contacts	493
Total Contacts	1,112



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
Campgrounds	10	91
Communicable Diseases	0	14
Foodborne Investigations	7	28
Food Operations	456	3,230
Indoor Air Quality	34	336
Lead Contamination	32	394
Manufactured Home Parks	69	243
Nuisance - food	21	166
Nuisance - housing	23	216
Nuisance - insects & rodents	7	209
Nuisance - sewage	1	132
Nuisance - solid waste	13	376
Nuisance - other	11	93
Plumbing - residential	164	1,773
Plumbing - commercial	92	1,882
Plumbing - other	0	188
Private Water Systems	129	767
Rabies Control	43	509
Schools	4	151
Sewage Systems (all types)	190	1,376
Smoke-free Workplace	66	389
Solid Waste	89	701
Swimming Pools/Spas	19	332
Tattoo/Piercing Parlors	9	96
Vector Control	26	454
All Other (not categorized)	224	624
Totals All Contacts	1,739	14,759

*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

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.

Year End Totals	Dec.	YTD
Total Births*	100	1,307
Repeat Births	56	761
Teenage Births	16	195
Age 13 or younger	0	0
Age 14	0	1
Age 15	0	6
Age 16	0	12
Age 17	2	28
Age 18	6	66
Age 19	8	82
Unwed Teens	15	179
Repeat Births to Teens	6	40
Births to All Unweds	31	407

Year End Totals	Dec.	YTD
Total Deaths*	98	1,067
Female	51	527
Male	47	540

Causes of Death

Heart Related	21	364
Cancer	21	227
Lung	8	89
Colon	3	22
Prostate	1	16
Breast	0	15
Ovarian/Cervical	1	7
Other	8	78
Lung Diseases	4	79
Alzheimers	6	77
Strokes/CVA	6	77
Renal/Kidney	4	49
Accidents (includes crashes)	3	38
Flu/Pneumonia	6	40
Suicides	2	13
Stillbirths	0	5
Homicides	0	4
Pending Autopsy	3	13
Other (not listed above)	12	76

*Births & Deaths exclude City of Shelby



WORD of the Month: Stroke

A **stroke** (sometimes called an acute cerebrovascular attack) is the rapidly developing loss of brain function(s) due to disturbance in the blood supply to the brain.

As a result, the affected area of the brain is unable to operate, leading to inability to move one or more limbs on one side of the body, inability to understand or formulate speech, or inability to see one side of the visual field.

A stroke is a medical emergency and can cause permanent neurological (nervous system) damage, complications, and death.

It is the leading cause of adult disability in the United States and Europe. It is the number two cause of death worldwide.

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