



Mansfield/Ontario/Richland County Health Department

Health Report

Protecting & Promoting
Health with an
Ounce of Prevention

Holiday Food Safety Planning

Here are some quick reminders about the importance of food safety, especially with Holiday Meals in the coming months. The **Four Steps To Food Safety** can help prevent foodborne illness in the home.



1) Clean! Everything that touches food should be clean. Cleanliness is a major factor in preventing foodborne illness. Consumers have a role in ensuring that food is handled safely after it is purchased.

2) Separate! Fight cross-contamination! Cross-contamination is the transfer of harmful bacteria to food from other foods, cutting boards, and utensils.

3) Cook! Use a food thermometer in cooking. Using a food thermometer is the only way to tell if food has reached a high enough temperature to destroy harmful bacteria (germs). Use a food thermometer to measure the internal temperature of foods, such as meat, hamburgers, poultry, egg casseroles, and any combination dishes to ensure that a safe temperature (140°

F) is reached and that harmful bacteria like Salmonella and Escherichia coli O157:H7 are destroyed.

4) Chill! Make sure the temperature in the refrigerator is 40 °F or below and 0 °F or below in the freezer. Use a refrigerator/freezer thermometer to check the temperature. Harmful bacteria grow most rapidly in the Danger Zone—the unsafe temperatures between 40 and 140 °F—so it's important to keep food out of this temperature range. Refrigerate or freeze perishables, prepared food, and leftovers within 2 hours of purchase or preparation, or within 1 hour if the temperature is above 90 °F.

AN ADDITIONAL NOTE: With the concern over influenza-like illnesses (including H1N1) it is important to follow healthy guidelines over the holidays, particularly when groups are gathering for meals. **(1)** Wash your hands frequently. **(2)** Cover your cough. **(3)** Stay at home if you are ill. The temptation to visit family for the holidays should not overcome the need to keep everyone from getting ill. Have someone bring you leftovers!

National Health Observances: November

American Diabetes Month; Lung Cancer Awareness Month; Alzheimer's Disease Awareness Month; **Nov. 19:** Great American Smokeout; **Dec. 1:** World AIDS Day

How to get Get H1N1 Information

1) The Health Department is using WMFD's text messaging service to send text and e-mail alerts to you. To sign-up, go to WMFD.com or www.richlandhealth.org and follow the links.

2) Information is regularly updated on the website: www.richlandhealth.org. You will find links there to dozens of H1N1 resources.

3) Call the H1N1 Hotline: 419-774-4542

4) Call the live H1N1 Phone Bank answered Mon.-Fri. from 10 am-4 pm: 419-774-4729

WORD of the Month: Seat Belt Syndrome

One of the reasons Ohio has made booster seat use a law for children 4 to 8 years old is a medical injury know as "seat belt syndrome."

Children not using a booster seat can get soft tissue injuries in a crash because the seat belt, which is designed for an adult passenger, falls over a child's stomach. Injuries from the seat belt can be severe and include spinal damage.



Region 5* Cancer Screenings

	September	YTD
Pap Smears	48	843
Mammograms	46	830
Women Enrolled	50	852

*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	Sept.	YTD
AIDS Medical Clinic	3	41
Child Health	60	350
Clinic Flu Shots (Oct.-Feb.)	17	130
General Health	316	2,868
HIV/AIDS Testing (In House)	8	151
Immunizations (Patients)	313	2,764
Adult Immunizations (# of Shots)	246	1,706
Child Immunizations (# of Shots)	718	5,112
Satellite Immunizations (Patients)	59	367
International Travel (Patients)	33	296
Nutrition Education	1	2
Prenatal/OBGYN	60	656
Reproductive Health*	88	840
TB Testing	105	1,243
Total Visits	1,062	9,240

*Combines STD & Pregnancy Test with Women's Health

Public Health Nursing	Sept.	YTD
BCMH (total contacts)	704	4,653
Community Health Screenings	51	585
Hearing Clinic	0	57
Influenza Vaccines (Flu Shots)	1,573	1,573
Lead Investigations	1	17
Public Health Home Visits	13	65
Referrals to Community Agencies	5	47
School Nurse Hours	1,554	7,722
Senior Health Assessment	133	1,443
Infectious Diseases*	45	368

Sexually Transmitted Diseases

STD Positive Results	65	441
Chlamydia	46	303
Gonorrhea	18	131
AIDS/HIV	0	3
Syphilis	1	4

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



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

Mercury Thermometer Swap

The Mansfield/Ontario/Richland County Health Department along with the Richland County Regional Solid Waste Management Authority are sponsoring a “Mercury Thermometer Swap” in honor of America Recycles Day.

The “swap” will take place on Saturday, November 14, from 10 a.m. to 2 p.m. at 1125 National Parkway in Mansfield.

Anyone can bring in a home mercury fever thermometer for a free digital non-mercury thermometer. Limit is one per family while supplies last.

The purpose of exchanging a mercury thermometer for a digital one is to reduce or eliminate mercury hazards in the environment. Questions about mercury and ways you can reduce or eliminate mercury hazards in the environment or the home can be found online at <http://www.epa.gov/mercury/index.htm>

Call the Environmental Health Division at the Health Department at 419-774-4520 or the Richland County Regional Solid Waste Management Authority at 419-774-5861 for questions about the mercury thermometer swap.



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*	Sept.	YTD
Campgrounds	7	60
Communicable Diseases	0	11
Foodborne Investigations	1	20
Food Operations	296	2,144
Indoor Air Quality	32	246
Lead Contamination	26	280
Manufactured Home Parks	14	135
Nuisance - food	6	119
Nuisance - housing	30	135
Nuisance - insects & rodents	89	151
Nuisance - sewage	7	126
Nuisance - solid waste	36	321
Nuisance - other	1	67
Plumbing - residential	167	1,337
Plumbing - commercial	161	1,502
Plumbing - other	8	175
Private Water Systems	75	461
Rabies Control	29	392
Schools	3	120
Sewage Systems (all types)	153	885
Smoke-free Workplace	17	252
Solid Waste	61	433
Swimming Pools/Spas	9	302
Tattoo/Piercing Parlors	2	65
Vector Control	1	385
All Other (not categorized)	29	310
Totals All Contacts	1,261	10,434

*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 - Sept.

New Participants	196
Recertifications	567
Other Contacts	475
Total Contacts	1,238



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.

	Aug.	YTD
Total Births*	105	882
Repeat Births	61	508
Teenage Births	16	131
Age 13 or younger	0	0
Age 14	0	1
Age 15	0	5
Age 16	0	7
Age 17	4	21
Age 18	7	47
Age 19	5	50
Unwed Teens	16	123
Repeat Births to Teens	2	25
Births to All Unweds	32	271

	Sept.	YTD
Total Deaths*	81	759
Female	39	374
Male	42	385

Causes of Death

Heart Related	30	251
Cancer	16	167
Lung	8	65
Colon	1	17
Prostate	0	11
Breast	0	9
Ovarian/Cervical	0	5
Other	7	60
Lung Diseases	4	69
Alzheimers	4	60
Strokes/CVA	6	49
Renal/Kidney	5	36
Accidents (includes crashes)	1	28
Flu/Pneumonia	7	24
Suicides	0	9
Stillbirths	2	5
Homicides	0	4
Pending Autopsy	1	6
Other (not listed above)	5	46

*Births & Deaths exclude City of Shelby



Mansfield/Ontario/Richland County
Health Department
 555 Lexington Ave. • Mansfield, OH 44907
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