

# Coshocton Public Health District's Newsletter



## Healthy Bytes



**May your holiday season be  
Happy, Safe and Healthy!**



**It has been a pleasure to  
Service Coshocton County.**



### **Coshocton Public Health District**

637 Chestnut Street  
Coshocton, Ohio 43812  
(740) 622-1426

Hours: 8:00 AM—4:00 PM  
Monday– Friday

***Our Mission: To ensure equitable access to care, prevent diseases, promote healthy behaviors and protect the well-being and health environment for all community members.***

# Protect yourself this Holiday Season

## It's the Season for Viruses and Coshocton Public Health District can help!

Don't let seasonal viruses like colds, flu and COVID 19 ruin your day. The Coshocton Public Health District is here to help you and your family with the following medical services\*:

- Childhood vaccines
- Flu Vaccines for ages 6 months and older
- COVID 19 home antigen test kits (while supplies last)
- COVID 19 Vaccines
- We will bill insurance for medical services. If you do not have insurance, please contact us to see if you qualify for a reduced fee.



**Don't let the winter "bugs" get the best of you, Call us today to make an Appointment: (740) 622-2999**

## Everyday Habits to Help Protect Against Illness

**Handwashing.** Wash your hands with soap and water or use hand sanitizer with at least 60% alcohol if soap and water isn't available.

**Cover your cough and sneeze.** Use a tissue to cover your mouth and nose when you cough and sneeze. You can use your elbow if a tissue is not available.

**Keep your distance from people that are sick.** While this is not always possible, the closer you are to an individual that is sick, the more likely you are to be exposed to respiratory droplets containing a virus.

**Stay home when you are sick.** In addition to staying home when you are sick, try your best to keep your distance from others in your home to help prevent them from getting sick.

**Clean and disinfect.** When someone is sick in the home, cleaning and disinfecting frequently touched surfaces is especially important to help prevent spreading illness to other members of the home.

**Mask wearing.** You may choose to wear a mask to help provide protection against circulating viruses. Masks can help protect people at higher risk of serious illness. Their effectiveness does vary depending on the virus and mask quality.



The Coshocton Public Health District's Clinic staff will be holding Monthly Blood Pressure Checks along with Free Education Clinics at Seton Coshocton and the Coshocton Senior Center. These clinics are held on the 2nd Thursday of each month. The Clinic staff will be at Seton Square at 10:00 a.m. and the Senior Center at 11:30 a.m.

## RSV Prevention Tips

RSV is a respiratory virus that can cause cold-like symptoms; however, it can be dangerous for babies, toddlers, and older adults. Take these steps to prevent the spread of RSV:

Stay home when sick

Avoid touching your face with unwashed hands

Cover coughs & sneezes

Clean and disinfect surfaces

Wash your hands often

Avoid close contact with others

Talk with your healthcare provider about receiving the RSV vaccine.

# Healthy Holiday Season

The best way to prevent most chronic disease are to eat healthy, be physically active and avoid tobacco and excessive alcohol use. The holidays can make it hard to stick to these healthy practices or start new ones. But with a little planning, you can approach the busiest time of the year with some strategies to stay on track.

## Tip #1: Don't Smoke

If you don't smoke, don't start. If you smoke, get the support you need to quit for good. Quitting smoking lowers your risk of heart disease, lung disease, cancer, and other smoking-related illnesses. It's never too late to quit smoking. More than 60% of adults who've ever smoked cigarettes have quit.

## Tip #2: Eat Healthy

Good nutrition is essential to staying healthy at any age. The benefits of healthy eating are significant. People with healthy eating patterns live longer and have less risk of obesity, heart disease, type 2 diabetes, and certain cancers.

For Children: Good nutrition during the first 2 years of life is vital for healthy growth and development. Breastfeeding is the best source of nutrition for most infants. It can reduce the risk of asthma, obesity, type 1 diabetes, ear and respiratory infections, and sudden infant death syndrome (SIDS).

For Adults: A healthy eating plan includes a variety of fruits, vegetables, whole grains, lean protein, and low-fat dairy products and limits added sugars, saturated fats, and sodium. Healthy eating can work for everyone's tastes, traditions, culture, and budget.

## Tip #3: Be Active

Physical activity is one of the best ways you can improve your health now and in the future. Everyone can get the health benefits of physical activity—no matter their age, abilities, shape, or size.

If you can't get the recommended amounts of physical activity because of chronic conditions or disabilities, you should be as physically active as you can. Some physical activity is better than none.

## Tip #4: Limit Drinking

Excessive alcohol use, over time, can lead to high blood pressure, heart disease, stroke, liver disease, and various cancers. Excessive alcohol use includes:

Binge drinking, defined as consuming 4 or more drinks on an occasion for a woman or 5 or more drinks on an occasion for a man.

Heavy drinking, defined as 8 or more drinks per week for a woman or 15 or more drinks per week for a man.

Any alcohol use by pregnant women or anyone younger than 21.

## Are the kids coming home with runny noses, sneezing and congestion?

'Tis the season for runny noses, sneezing, and congestion!

Snot can be a variety of colors for many different reasons.

Nationwide Children's Hospital put together a "Snot Palette: What do all those colors mean?"

### SNOT PALETTE: WHAT DO ALL THOSE COLORS MEAN?

- 1 Clear: Healthy; everyone has it!
- 2 White: Normal or could indicate increased nasal congestion
- 3 Yellow: Normal or could indicate allergies or fighting infection
- 4 Green: Immune system is working hard to protect; contains more active and dead immune cells
- 5 Pink or Red: Typically means there is blood in the nose
- 6 Brown: Could be from drainage of old blood, dryness, infection, or breathing in fine particles
- 7 Black: Much less common; can be seen with inhalation of debris like dirt or cigarette smoke





# Healthy Holiday Eats

The holidays are a time to celebrate with family and friends. Often, those celebrations involve sharing a meal together. With Thanksgiving and the winter holidays here, it is a great time to start looking for recipe ideas! This healthy holiday recipe is from Nutrition.gov.

## Baked Acorn Squash with Apples

This fall-inspired recipe is a warm, sweet side dish.

Yield

4 servings

Cook time

1 hour, 15 minutes

### Steps

Cut squash in halves and scoop out seeds.

Place squash in a baking dish with hollow side up; fill centers with apple.

Pour a little water into the dish. Cover and bake at 350°F for 30 minutes, or until partly done.

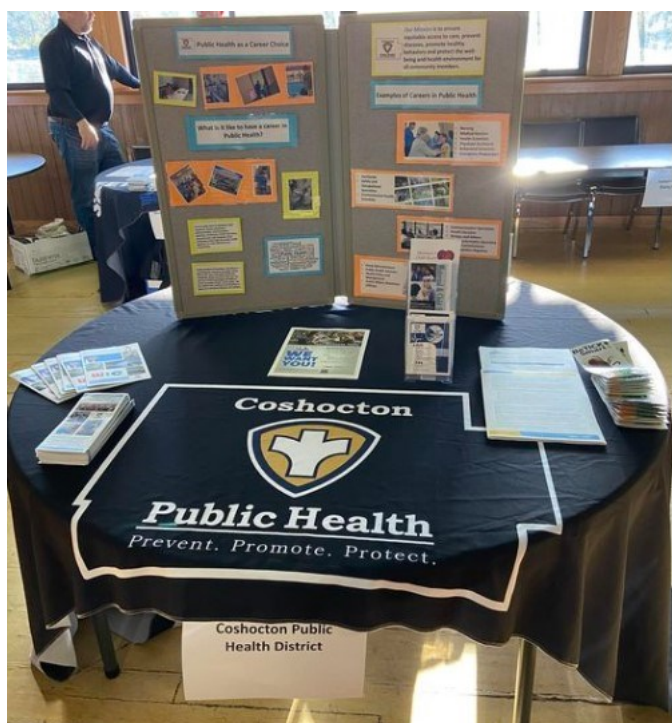
Sprinkle with salt, sugar, and nutmeg and dot with fat.

Bake uncovered about 45 minutes, or until the squash is soft.

Meal Type: Dinner

Food group: Fruits, Vegetables

Season: Winter, Fall



## Career Fair

The Coshocton Public Health District had the privilege to talk with area juniors and seniors about careers in Public Health at the Career Fair on October 24, 2023. This wonderful and extremely beneficial event was hosted by Coshocton C.A.R.E.S.

We extended the invitation to area Juniors and Seniors who would like to learn more about a career in Public Health to stop by our agency and talk with our professional staff anytime.

We enjoyed seeing the next generation entering college, the workforce, and the military. We are already looking forward to next year!

# Ohio Department of Health Director Warns of Rise in e-cigarette — related injuries, especially among children 5 and under

Ohio Department of Health (ODH) Director Bruce Vanderhoff, MD., MBA, on October 19, 2023, sounded a warning about an increase in injuries caused by exposures to e-cigarette devices, or vapes including nicotine. These injuries are disproportionately affecting Ohio children ages 5 and younger. “I want to raise the alarm that the liquid in e-cigarettes or vaping devices are proving to be an increasing risk to our young children. The liquid can contain nicotine, and also THC, CBD, flavors or some combination of those. Young children can be poisoned by swallowing the liquid, taking a puff—if they have seen someone else use it—or even from absorbing it through their skin or eyes” Dr. Vanderhoff stated during a virtual press conference in October.

Since 2015, the number of vape liquid exposures reported to Ohio Poison Centers has nearly tripled, from 130 in 2015 to 360 in 2022. The data so far in 2023 signals yet another likely increase, with 320 exposures reported through September. Of the 1,762 total exposures reported in that time, 1,301—more Than 70% - have been reported among children 5 years and Younger.

Liquid nicotine is rapidly absorbed when swallowed or spilled on the skin and can result in symptoms in just minutes. Symptoms of a small exposure are nausea and vomiting. Large exposures can affect heart rate, blood pressure and even cause seizures. Young children may need to be evaluated in a health care facility or need emergency medical care for these exposures. Dr. Vanderhoff said that nicotine, in whatever form it is delivered, is dangerous. It does not matter if that is by cigarette or a vape pen, it is harmful and can lead to addiction. ODH has worked hard over the years, through numerous programs, to bring down Ohio’s smoking rate and in more recent years, to combat a rise in youth vaping. Since taking office in 2019, Governor Mike DeWine has been a leader in this effort, working to pass legislation such as the “Tobacco 21” law in October 2019 that made selling any type of tobacco or nicotine products to Ohioans under age 21 a criminal offense.

There are signs that these efforts are working. Ohio’s adult smoking rate fell from 25.5% in 2011 to 18% percent in 2021.

In terms of youth, ODH saw some promising trends show up in the Ohio Youth Risk Behavior Survey that the department conducts every other year to monitor health risk behaviors in Ohio.

The 2021 data is the most recent available, and it showed that vaping use dropped substantially between 2019 and 2021.

The number of students who reported currently using a vape product fell among middle schoolers (grades 6-8) from 11.9% to 9.0% and for high schoolers (grades 9-12), those who reported current use fell from 29.8% to 20.0%.

Dr. Vanderhoff said there is much work to be done, however. Ohio’s adult smoking rate, while improving, remains above the national average. The rise in injuries caused by vape liquids is the latest manifestation of this fight.

“I think many Ohioans have simply been unaware of these very real risks,” he said, “and I want people who have vaping supplies in their home to become more aware of the risks these devices can pose to children.”

If an exposure does occur, people can call the Poison Control Hotline 24 hours a day, 7 days a week at 800-222-1222 to speak to poison specialists.

Ohio eCigarette Exposures Reported to Ohio Poison Centers:

Age Group	2015	2016	2017	2018	2019	2020	2021	2022	2023*	Grand Total
Adult (20+ yrs)	36	24	25	23	35	22	41	23	22	251
Child (0-5 yrs)	89	82	68	71	107	134	187	300	263	1301
Child (6-12 yrs)	1	4	1	5	8	4	5	6	8	42
Teen (13-19 yrs)	4	7	4	15	36	21	12	30	34	163
Unknown				1		2		1	1	5
Grand Total	130	117	98	115	186	183	245	360	328	1762

\*Through September 2023