

Coshocton Public Health District's Newsletter

(February 2024)

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.

Our Vision:

We aspire to be the recognized leader in community health. Through the use of innovative, proactive and collaborative approaches we will improve conditions of health equity and wellness for all citizens of Coshocton County.

Our Values:

"I CARE" - Innovation, Courage, Accountability, Responsiveness, Equity



OFFICE CLOSINGS:

Monday, February 19th 2024 (President's Day)



"In the flush of love's light, we dare be brave. And suddenly, we see that love costs all we are, and will ever be. Yet it is only love which sets us free."

-Maya Angelou

Happy Valentine's Day!
Wednesday, February 14th, 2024

**COSHOCTON PUBLIC HEALTH IS EXCITED
TO ANNOUNCE OUR NEW.....
(CHECK PAGE 6)**

PREVENT. PROMOTE. PROTECT.



Coshocton Public Health District

637 Chestnut Street

Coshocton, Ohio 43812

(740) 622-1426

Hours: 8:00 AM—4:00 PM

Monday—Friday

Prenatal Clinics

Child & Adult Health Clinics

Children with Medical Handicaps (CMH)

Communicable Disease Investigation

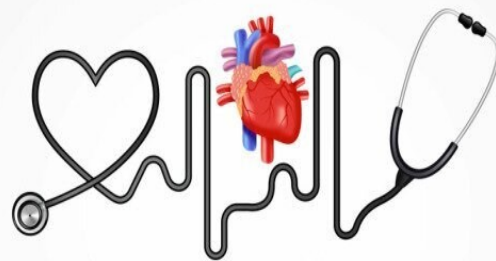
Vital Statistics (Birth/Death Certificates)

Environmental

Ohio WIC

The perfect gift this Valentine's Day is the gift of heart health. The month of February marks American Heart Month—an annual observance dedicated to raising awareness about heart health and cardiovascular diseases. It serves as a reminder to prioritize heart-healthy lifestyles, learn about heart disease prevention, and support those affected by cardiovascular conditions.

The goal of Heart Month is to reduce the prevalence of heart disease and stroke by educating the public advocating for policies that support heart health, and funding research into cardiovascular conditions.



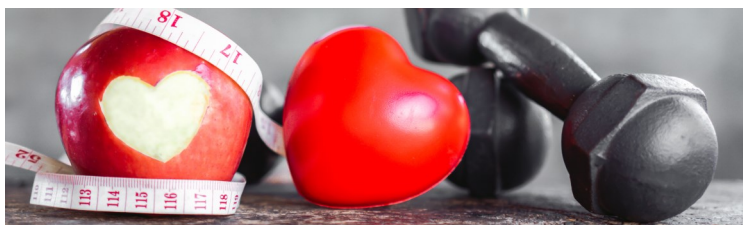
February is National
HEART MONTH



myloview

DID YOU KNOW?

- Heart disease is the leading cause of death for both men and women.
- About 610,000 Americans die from heart disease each year—that's 1 in every 4 deaths.
- In the United States, someone has a heart attack every 42 seconds. Each minute, someone in the U.S. dies from a heart disease-related event.
- Obesity contributes to five of the ten leading causes of death in the U.S. including heart disease, type 2 diabetes, cancer, stroke and kidney disease.
- High blood pressure, high LDL cholesterol, and smoking are key heart disease risk factors for heart disease. About half of Americans (49%) have at least one of these three risk factors.



HEART HEALTHY FOODS

- **Vegetables:** leafy greens (spinach, collard greens, kale, cabbage), broccoli, and carrots
- **Fruits :** apples, bananas, oranges, pears, grapes, and prunes
- **Whole grains :** plain oatmeal, brown rice, and whole-grain bread or tortillas
- **Fat-free or low-fat dairy foods:** milk, cheese, or yogurt
- **Protein-rich foods:** fish high in omega-3 fatty acids (salmon, tuna, and trout)
- **Lean meats:** 95% lean ground beef, pork tenderloin, skinless chicken or turkey
- **Eggs**
- **Legumes:** kidney beans, lentils, chickpeas, black-eyed peas, and lima beans
- **Foods high in monounsaturated/polyunsaturated fats:**
 1. Canola, corn, olive, safflower, sesame, sunflower & soybean oils (no coconut or palm oil)
 2. Nuts/Seeds: walnuts, almonds, pine nuts, nut butters, sesame, sunflower, pumpkin, or flax
 3. Avocados
 4. Tofu

How to Promote Heart Health

Improving heart health involves making conscious choices to reduce risk factors and adopt heart-healthy habits. Here are some ways to promote heart health during Heart Month and beyond:

- **Eat a Balanced Diet:** Consume a diet rich in fruits, vegetables, whole grains, lean proteins, and low-fat dairy products. Limit saturated and trans fats, sodium, and added sugars.
- **Exercise Regularly:** Engage in physical activity for at least 150 minutes per week. Activities like walking, cycling, and swimming can help improve cardiovascular fitness.
- **Quit Smoking:** Seek support to stop smoking. Smoking is a major risk factor for heart disease.
- **Manage Stress:** Practice stress-reduction techniques such as mindfulness, meditation, or yoga to reduce the impact of stress on your heart.
- **Monitor Blood Pressure:** Check your blood pressure regularly and work with your healthcare provider to manage it within a healthy range.
- **Control Cholesterol:** Maintain healthy cholesterol levels by following a heart-healthy diet and, if necessary, taking prescribed medications.
- **Maintain a Healthy Weight:** Achieve and maintain a healthy weight through a combination of balanced eating and regular physical activity.
- **Limit Alcohol Consumption:** If you drink alcohol, do so in moderation.

National Cancer Prevention Month / World Cancer Day

In 2023, the federal government estimated that nearly 2 million Americans would be diagnosed with cancer (other than non-melanoma skin cancer), and that more than 600,000 deaths would result from their disease. Research shows that more than 40 percent of these cases and nearly half of the deaths can be attributed to preventable causes – smoking, excess body weight, physical inactivity, and excessive exposure to the sun, among others.

This means that steps such as quitting smoking (or never starting in the first place), maintaining a healthy weight, exercising regularly, protecting your skin from the sun, and getting vaccinated against the pathogens that cause certain cancers, can dramatically reduce your risk of cancer in many cases.

In the United States, many of the greatest reductions in cancer morbidity and mortality have been achieved through the implementation of effective public education and policy initiatives. It remains imperative that we identify strategies to implement effective, evidence-based practices that help reduce risky behaviors for everyone.

Gallbladder & Bile Duct Cancer Awareness Month

In 2023, an estimated 12,220 people living in the U.S. would be diagnosed with gallbladder cancer. According to data from the National Cancer Institute, approximately 4,510 of those people were expected to die from it.

Extrahepatic bile duct cancer is a rare disease in which cancer cells form in the ducts that are outside the liver. Cancer can also develop in the bile ducts inside the liver. Bile duct cancer is also called cholangiocarcinoma.

Cholangiocarcinoma is a group of cancers that begin in the bile ducts, which are the tubes that connect the liver and gallbladder to the small intestine. Cholangiocarcinoma's, or bile duct cancers, are rare and affect about 8,000 Americans every year. Bile duct cancers are associated with poor outcomes for patients both at early and advanced stages of the disease.

Symptoms of both gallbladder and bile duct cancer include yellowing of the skin and/or the whites of the eyes (jaundice), abdominal pain, and fever. In addition, gallbladder cancer symptoms include nausea and vomiting, bloating, and lumps in the abdomen.



World Cancer Day (held every February 4th) is the global uniting initiative led by the Union for International Cancer Control (UICC). By raising worldwide awareness, improving education, and catalyzing personal, collective and government action, we are all working together to reimagine a world where millions of preventable cancer deaths are saved and access to life-saving cancer treatment and care is equitable for all – no matter who you are or where you live.

Each year, hundreds of activities and events take place around the world, gathering communities, organization's and individuals in schools, businesses, hospitals, parks, community halls, places of worship – in the streets and online – acting as a powerful reminder that we all have a role to play in reducing the global impact of cancer.

Created in 2000, World Cancer Day has grown into a positive movement for everyone to unite under one voice to face one of our greatest challenges in history.

“EYE” know we can help you!

AMD stands for Age-related Macular Degeneration. It is an illness that is the leading cause of low vision in Americans older than 50 years of age. The part of the eye affected by this disease is the macula, a pigmented, oval-shaped part of the retina. About 5mm in diameter, it is responsible for the central vision required for driving, reading, and fine detail. Containing a high number of photoreceptor cells that detect light, it's also responsible for high-resolution vision. AMD is a progressive disease that causes retinal cells to slowly die, though it causes no physical pain.

Medical experts have been able to identify some risk factors that might lead to the onset of AMD, including high blood pressure, high levels of blood cholesterol, obesity, and smoking. Other risk factors that a person has no control over are age, heredity, race, and gender. Symptoms of the disease include blurry vision, blind spots, straight lines appearing wavy, doorways seeming crooked, and objects appearing farther away or smaller. When any of these symptoms present themselves, the concerned individual is advised to immediately visit an ophthalmologist.

Coshocton Public Health District is a proud partner of Prevent Blindness—a Vision Outreach Program in Ohio. The goal of the program is to reduce the incidence of unnecessary vision loss and impairment by providing access to comprehensive vision care services for uninsured or underinsured adults and children.

To learn if you qualify for free vision care, visit the website (www.pbohio.org) and click “Learn More” to complete the application online. You may also call 1-800-301-2020 for assistance.

You may also call us (CPHD) at 740-622-2999 and we would be happy to assist you with the referral!



Prevent Blindness

Our Vision Is Vision.

Preventing Carbon Monoxide Poisoning

Carbon monoxide, or CO is an odorless/colorless gas found in combustion fumes, such as those made by cars and trucks, portable generators, wood-burning stoves, gas ranges and heating systems. CO from these fumes can build up in places that do not have a good flow of fresh air. Breathing high levels of CO can cause severe illness or death in a matter of minutes.

Symptoms of CO poisoning can vary from mild (fatigue, headache, dizziness, nausea) to severe (loss of consciousness and death). The level of exposure influences the damage done to an individual. Mental abilities can be impaired and permanent brain damage can occur.

A CO detector should be centrally located outside each sleeping area in the immediate vicinity of the bedrooms.

For added protection, install additional Carbon Monoxide detectors in each separate bedroom, and on every level of your home. CO detectors will wear out. They need to be replaced about every five years. Check expiration dates that are provided by the manufacturer.

- * **DO NOT** burn anything in a stove or fireplace which is not vented, or may be clogged.
- * **DO NOT** run a car or truck inside a garage attached to your house, even if you leave the door open.
- * **DO NOT** sleep in any room with an unvented gas or kerosene space heater.
- * **DO NOT** use a generator, charcoal grill, camp stove, or other gasoline or charcoal-burning device inside your home, basement, or garage, near a window, or in a tent. Locate these devices at least 10 feet from your house with the exhaust facing away from the building.
- * **DO NOT** use a gas cooking range or oven to heat your home, even for a short time.
- * Have your heating system, water heater and any other gas, oil, or coal burning appliances serviced by a qualified technician every year. Repair leaks promptly.
- * Install CO detector(s) - near the furnace and all sleeping areas. Replace the batteries when you change the time on your clocks each spring and fall, the same as for smoke detectors. If the alarm sounds, leave your home immediately and then call 911.
- * Make certain that doors on all wood stoves fit tightly.
- * Seek prompt medical attention if you suspect CO poisoning and are feeling dizzy, light-headed, or nauseous.

Children's Dental Health Month

BRUSHING YOUR TEETH *is as easy as* 1, 2, 3

step 1
Get your toothbrush wet

step 2
Put a small amount of toothpaste on your toothbrush

step 3
Brush every area of your teeth and your tongue for two minutes

step 4
Rinse with water

step 5
Spit it out!

step 6
Turn off the water

step 7
Put your toothbrush away

step 8
Floss once a day

P-E-A-R-L-S of Wisdom

Protect tiny teeth by caring for your mouth when you're pregnant. (Your child's future oral health starts with you).

Ensure to wipe your baby's gums after each meal.

Avoid putting babies to bed with a bottle.

Remember to brush your child's teeth twice daily with fluoride toothpaste. For children younger than 2 years, consult with your dentist or doctor about when to start using fluoride toothpaste.

Limit drinks and food with added sugars for children. Encourage your child to eat more fruits and vegetables and have fewer fruit drinks, cookies, and candies. This gives your child the best possible start to good oral health.

Schedule your child's first dental visit by their first birthday or after their first tooth appears. Their tiny teeth matter!

Your child's diet is very important for developing and maintaining strong and healthy teeth. It is helpful to include good sources of calcium (yogurt, broccoli, and milk) to your child's diet to help build strong teeth.

Teaching your child about healthy eating habits is one of the best practices for a lifetime of good health.

Feeding Sick Kids: Coshocton County WIC

HELPFUL REMINDERS

Encourage Foods:

It's important to provide food to children while they are sick because it offers support they need to overcome the illness.

Monitor Dehydration:

Drinking less and urinating less than three times in 24 hours are signs of dehydration. Call your pediatrician.

Call your pediatrician:

If you are having any concerns at all. Pay attention to how your child looks and acts. If you're not sure about something regarding your child's illness, call the office nurse line immediately.

Feeding Sick Kids

Sick kids need plenty of fluids. Your child may eat less for a few days.

Fluids

Clear: Broth, water, juice (apple, grape or cranberry), electrolyte drinks (Pedialyte®)

Other: Hot chocolate, milk, juice (tomato, orange, juice blends), smoothies

Fluid-like foods: Jello™, popsicles, ice cream, sherbet, cream soup, watermelon, plain yogurt, pudding, hot cereals

Sniffles, Coughs, and Colds

- Warm fluids are comforting.
- Cold fluids soothe a sore throat.
- Favorite family foods may be preferred.



Vomiting

- Offer fluids to avoid dehydration.
- Ice chips or clear fluids in small amounts are best.
- Green, peppermint, or ginger teas may calm stomach.
- Try bland foods as your child feels better.



Diarrhea

- Electrolyte drinks are best.
- Try bananas, rice, applesauce, and toast.
- Foods and fluids high in sugar and salt may increase diarrhea.



Fever

- Cold fluids and fluid-like foods are comforting.
- Encourage frequent, small feedings for poor appetites.

Seek medical attention if:

- dark or no urine
- bloody urine or stools
- unusually sleepy or weak
- severe pain
- cannot keep down sips of fluids
- no tears when crying
- fever of greater than 102°
- cough that does not go away
- trouble breathing



Check with your healthcare team for more information or call 911 for an emergency. This pamphlet is not medical advice.

BREAKING NEWS

Coshocton Public Health District Mobile App

Built by:  ThePublicHealthApp.com
CUSTOM APPS



INTRODUCING OUR NEW APP

Navigating critical information
has never been **easier**.



SCAN
TO DOWNLOAD!



AVAILABLE FOR DOWNLOAD NOW!

The Coshocton Public Health District is excited to announce the release of the agency's new smartphone app.

This app will serve as a new and innovative way for the health district to connect with residents and visitors, providing information quickly and efficiently to anyone with a smartphone.

Our app allows users to stay better connected with alerts and updates within our community. In just a few clicks, users can access features including:

- News & Features**
- Environmental Health**
- Birth/Death Certificates**
- Adult/Child Health Clinics**
- WIC Program**
- Events Calendar**
- Job Postings**
- AND MORE!**

The Coshocton Public Health District app is available for download for **FREE** in the App Store and Google Play. You can also scan the QR code for quicker access!

Employee of the Month: December 2023



Tammy Smith is the Director of Nursing here at Coshocton Public Health District. She was nominated by her fellow team members to be the 'Employee of the Month' for December.

Tammy was recognized for taking the leadership role of the interview process, and contacting individuals concerning the new positions of Health Educator and Health Commissioner.

She encourages others with calm demeanor, and is always willing to assist or guide her team through unusual situations. Her experience shines through with ongoing outreach to the community, and she always provides us with a caring heart and listening ear.

A fun fact about Tammy is that she enjoys listening to Country Music!



Winter Storytimes

Storytimes are designed for young minds to build a foundation of school readiness skills through early literacy and socialization.

February 6 - March 28

Lapsit

10:00am - 10:30am

Music, rhyming, movement, songs, and stories for babies and toddlers ages 0-3.*

Preschool Storytime

11:00am - 11:30am

Reading, writing, singing, talking, and playing for ages 3-6.*

Tuesdays @ the West Lafayette Branch Library

Wednesdays and Thursdays @ the Coshocton County District Library

*If a child is 3 years old, the caregiver may determine if Lapsit or Preschool Storytime is more appropriate.

Registration Required:

(740) 622-0956

www.coshoctonlibrary.org

 **COSHOCTON**
County District Library
www.coshoctonlibrary.org