

COSHOCTON PUBLIC HEALTH DISTRICT NEWSLETTER



November – Men's Health Month

In Coshocton County, men are less likely than women to attend regular checkups – and many delay seeking care until serious symptoms appear. Local health assessments show that **nearly 30% of adult men in Coshocton haven't had a routine doctor's visit in the past year.** And when it comes to mental health, Coshocton County has seen a concerning rise in depression, substance use, and suicide among men – particularly those aged 25 to 54.

- Schedule a check up.
- Do a monthly self-exam.
- Check in with your mental health.

World Diabetes Day!

According to our most recent community health data, **more than 13% of adults in Coshocton County are living with diagnosed diabetes** – and an estimated 5–7% more may have it and not even know. Even more concerning? Over 30% of adults are classified as prediabetic – meaning they're at high risk of developing Type 2 diabetes unless lifestyle changes are made.

- **Get screened.** If you're over 45, overweight, or have a family history of diabetes, ask your provider for a simple A1C test.
- **Know the signs:** fatigue, excessive thirst, frequent urination, blurry vision, and slow-healing wounds.



We're All In for United Way!



We're excited to announce the start of our annual United Way Campaign! This is our opportunity to come together as a team and make a meaningful impact in our community. Every contribution—big or small—helps support vital programs and services that improve lives right here at home.

Avoid the Flu



Get The Flu Shot Here

Coshocton Public Health District
637 Chestnut Street
Coshocton OH 43812

- 6 months of age and older
- High dose flu for 65 and older

Accepting most insurances

For more info call :
740-622-2999





Pancreatic Cancer Awareness

Pancreatic cancer is the third leading cause of cancer-related death in the U.S.

It often goes undetected until it's advanced — making early awareness and action critical. In Coshocton County, cancer remains a leading cause of death.

According to recent public health data, **pancreatic cancer accounts for roughly 3–4% of all cancer-related deaths locally** — small in number, but devastating in impact. Because symptoms are vague and progress is rapid, most cases are diagnosed at a late stage, when treatment options are limited.

But there is hope — and power — in early awareness. Here are early warning signs you shouldn't ignore: Persistent abdominal or back pain, unexplained weight loss, yellowing of the skin or eyes (jaundice), changes in stool or new-onset diabetes, fatigue, nausea, or loss of appetite. If you or someone you love is experiencing these symptoms — especially if you're over age 60 or have a family history of pancreatic cancer — talk to your healthcare provider. Early detection saves lives. While there's no standard screening for pancreatic cancer yet, research is improving and survival rates are rising when it's caught early.

National Family Health History Day!

November 27th is National Family Health History Day, and here in Coshocton County, it's a chance to learn more about your family's medical history — and how it affects your health today. Did you know that many serious health conditions — like heart disease, diabetes, cancer, and high blood pressure — can run in families? Family history is one of the strongest risk factors. But most people don't know the full health picture of their close relatives — or haven't shared it with their own healthcare providers.

- Ask questions. While you're gathered around the table, ask parents, grandparents, aunts, and uncles about their health history — and any serious illnesses in the family.
- Write it down. Use a notepad or free tools from the CDC to start a family health history chart. Include conditions, ages of diagnosis, and any patterns you notice.
- Share with your doctor. Bring this information to your next appointment. It can help your provider recommend earlier screenings, lifestyle changes, or testing.



CPR Training for CPHD

We're proud to share that our team successfully completed CPR (Cardiopulmonary Resuscitation) training sessions in June and again in October 2025. These hands-on sessions provided valuable life-saving skills and refreshed our confidence in responding to emergencies quickly and effectively. A big thank-you to everyone who participated and to our certified instructors for leading the training! By staying prepared, we're ensuring a safer environment for everyone—because every second counts when it matters most.

Tips to Stay Healthy in Winter

Get Enough Sleep



Boost Your Immunity



Maintain a Balanced Diet



Exercise to Stay Fit



Practice Mindfulness



Don't Forget to Stay Hydrated

