



# WARREN COUNTY HEALTH DISTRICT

## Prevent-Promote-Protect



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## NEWS & INFORMATION

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Health Commissioner

[www.wcchd.com](http://www.wcchd.com)

### CHECK IT OUT!

[www.wcchd.com](http://www.wcchd.com)

### NEW WCHD

### WEBSITE

The Warren  
County Health  
District has a new  
website!

The website has  
many updates and  
improvements as  
well as lots of  
new information!

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**We would like  
your input!**

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Please visit

[www.wcchd.com](http://www.wcchd.com)

for a short survey  
to tell us what you  
think about the  
website.

Your input is  
valuable in  
helping us serve  
you better!

## New Year's Resolutions

More than half of New Year's resolutions are broken within six months, according to the Journal of Clinical Psychology. That does not mean the New Year won't lead to a new you; it does mean you should consider some relatively simple, common-sense resolutions to help ensure success.

The American Medical Association suggests taking these steps so you'll be around to make even more improvements in 2018.

- Quit smoking if you are a smoker currently, and avoid secondhand tobacco smoke. Tobacco is the leading cause of preventable death in the United States.
- Strive to eat about two cups of fruits and two to three cups of vegetables daily to reduce risk of heart disease, cancer, stroke



and high blood pressure.

- Limit salt intake to one teaspoon daily; if you are 50 or older, cut this in half to lower blood pressure and lessen risk of heart disease and stroke.
- Eat meals low in total, saturated and trans fats to lower cholesterol levels and reduce heart disease risk.

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- Have your doctor check your cholesterol and blood pressure and work with him or her to

keep them at appropriate levels via lifestyle changes, medication or both.

- Cut back on sugary sodas and other drinks to avoid gaining weight and developing tooth decay.
- If you are 50 or older, get a colonoscopy to improve chances for early detection.
- If you are a woman 40 or older, get a mammogram every one to two years.

- Protect your skin from the sun by covering up or by using sunscreen with an SPF of 30 or more; if you have been sunburned in the past, have a doctor check your skin regularly.

Ohioans need to lead more active lives, eat a balanced diet and receive appropriate health screenings - strategies that will, over time, help reduce the incidence and increase the early detection and long-term management of chronic disease. ([www.odh.ohio.gov](http://www.odh.ohio.gov))

If you are looking for a Nutrition and Weight Management class to start the new year off right, WCHD offers a free class on Monday evenings from 4:00 p.m.-6:00 p.m. The class is held at the health department located at 416 S. East St. in Lebanon. Contact Kathy Dickey, Licensed Dietician, for more information: 513-695-1477.

## Women, Infant Children: WIC Program

Women, infants and children eligible for the WIC program receive coupons which enable them to receive milk, eggs, cereal, 100% juice, whole grains, fruits and vegetables, peanut butter or beans and infant formula from participating grocery stores. WIC also provides nutrition



education, breastfeeding support (breast pumps for special circumstances), health care referrals, immunization screening and supplemental foods.

WIC is not a welfare program, many working families qualify to receive WIC benefits. Appointments are

scheduled to meet the needs of all family members. Participants visit the WIC office every three months to pick up coupons for free foods from local grocery stores.

For more information or to schedule an appointment call 513-695-1217 or visit our website at [www.wcchd.com](http://www.wcchd.com)

## Winter Ready-Winter Steady!

Winter can be a lovely time of year, but snow, sleet and icy roads and walkways can make getting around not only challenging, but dangerous. Falls are the leading cause of injury-related hospital visits, and wintry conditions raise the potential of taking a life-changing tumble. Here are some simple tips from the STEADY U Ohio initiative to help you be Winter STEADY:

- Allow extra time to get places in the winter. If you don't feel safe, ask for help.
- When conditions are icy, walk with a buddy or carry a cell phone.
- Assume that surfaces that look slippery are slippery and find an-

other way.

- Keep rock salt, sand and a shovel available near entrances to your home.
- Carry a small bag of sand or rock salt in your coat pocket for when you are away from home.
- Don't try to walk in more than an inch of snow to avoid tripping.
- Bundle up, but make sure you can see in all directions and move freely.
- Wear winter boots that fit well and provide more traction than tennis or dress shoes.



- Check that the rubber tips on canes and walkers are in good repair.
- Increase the lighting in your home with extra lamps and by using the highest-wattage bulbs recommended for your fixtures.
- Keep space heaters, cords and blankets out of walkways. If you must use throw rugs on cold floors, secure them to the floor with tape.

Visit [www.steadyu.ohio.gov](http://www.steadyu.ohio.gov) for more tips to prevent falls.

## Medication Safety

Medical advances have allowed researchers to develop a wide variety of medications designed to help keep us healthy. All medications, however, can be harmful if not taken as recommended. More than 67,000 children are seen each year in an emergency department in the U.S. for a medication exposure, which includes children taking medication while unsupervised and dosing errors. You don't have to toss out all of your medications to keep your kids safe—just follow these tips:



### Safe Storage

- Choose a place that is too high for children to reach or see, and consider using a lock to make sure children cannot access medications.
- Check the cap on each medication to be sure it is one that is designed

to keep a young child from easily opening it and that it is closed tightly.

- Put medications away immediately after every use.
  - Never leave easy-access containers, such as daily pill boxes, within a child's reach.

### Safe Use

- Check the medication's or your doctor's instructions for the right dose for your child.
- Use the measuring device, such as a dosing cup or oral syringe, that comes with the medicine or ask a pharmacist to recommend one.
- Teach your child to only take medication with help from an adult.
- Know the phone number for poison control: **1-800-222-1222**

### Safe Disposal

- Check the expiration date before using medications.
- Dispose of expired or unneeded

medications according to any specific instructions on the label.

- Do not flush medicines down a sink or toilet unless instructed. Check with your local government's trash and recycling services to see if a medication take-back program is available in your area.

For more information on this and other child injury prevention topics, visit [www.PreventChildInjury.org](http://www.PreventChildInjury.org).

*The offices of the Warren County Combined Health District will be closed Monday, January 15th in observance of Martin Luther King Day.*