



WARREN COUNTY HEALTH DISTRICT

Prevent-Promote-Protect



NO. 399
August 2019

NEWS & INFORMATION

Duane Stansbury, R.S., M.P.H.
Health Commissioner

Children with Medical Handicaps Program (CMH)

CMH is a health care program in the Ohio Department of Health. It links families of children with special needs to a network of quality providers and helps families obtain payment for the services their child needs.

CMH has three programs to help children with special health care needs. The Diagnostic Program, the Treatment Program, and the Service Coordination Program.

Please contact Susie Traud at the Health Department at 513-695-1535 for more information concerning the CMH Program.

Restaurant Inspections Available Online

Did you know Warren County restaurant inspections are available for you to view online?

The reports created from these inspections are public records and have always been available to the public by request. In 2014, our office began conducting inspections using a new computer program which makes it possible for the inspections to be viewed on our website. This allows the consumer to see inspection reports at their leisure anywhere they have access to



the internet. All inspections from the previous five years are available at the Warren County Health District.

Please keep in mind that an inspection report may not be representative of the overall, long-term conditions within a facility. It is important to understand that inspection information provided shows only the conditions of the facility at the time of the inspection. It is a "snapshot" of the day and time that the inspection occurred. A single

inspection report should not be used to evaluate the overall operation of an establishment. Looking at a facility's inspection results over a period of time gives a more accurate picture of that facility's commitment to compliance.

To view the inspection reports visit www.healthspace.com/warrenco

For more information on restaurant inspections, please contact the Environmental Health Division at 513-695-1220.

The Impact of Diabetes in Ohio

Diabetes is one of the most prevalent and serious chronic diseases in the United States. More than 30 million people in the U.S. have diabetes, and 1 in 4 of them don't know they have it. In 2015, approximately 1.5 million new cases of diabetes were diagnosed in adults ages 18 and older, and the number is anticipated to grow as the U.S. population contin-

ues to age and become more overweight and obese.

Diabetes is the 7th leading cause of death in Ohio and the United States. In 2016, diabetes was the primary cause of death for 3,500 Ohioans and was a contributing cause of many more deaths. In 2016, nearly 1 million Ohio adults had been diagnosed with diabe-

tes. In addition, nearly 800,000 adults in Ohio had been diagnosed with prediabetes and is estimated that more than 1 million Ohio adults have prediabetes but have not been diagnosed, increasing their risk of progressing to type 2 diabetes later in life.

For more information, visit www.odh.ohio.gov/diabetes.

Mind Your Medications: Non-prescription Doesn't Equal Safe

You've heard it before—Talk to your health care provider about all the prescription and non-prescription medicines and supplements you take.

But over-the-counter (OTC) medications and supplements are safe, aren't they? The doctor told you to take a certain medication. So why should you mention everything you take?

While medications are intended to make us feel better, most medicines, even OTC medications, can have side effects, such as dizziness or drowsiness. The more medicines you take, the more likely you

will have to deal with unwanted side effects. These can not only cause you to fall, but they can also impact other aspects of your life.

Some combinations of medications with OTC treatments can affect how the food you eat is absorbed in your body. Some combinations can cause fatigue, weight gain and headache. Your doctor may pre-

scribe a medication to treat a troublesome symptom that is actually a side effect of a medication you are already taking.

Beyond preventing falls, talking with your doctor regularly about

the medications you take has other benefits:

- You could find out you don't need some of the OTC medications you are taking.
- You could learn a simpler schedule to take your medications.
- You could save some money as you stop taking some medications.

Remember that non-prescription medicines should be treated with the same care and respect as prescription medications.

If you have any follow up questions please talk with your family physician before making any changes to your medications.



Women, Infant Children: WIC

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.warrenchd.com

Mobile Mammography

The UC Health Mobile Mammography Unit is coming to the Warren County Health District:

Tuesday, August 27th
Call 513-584-7465
to schedule your appointment time.

Covered by Medicare, Medicaid and most private insurances companies.

Financial assistance available to those who qualify.