



# Warren County Health District

News and Information  
warrenhd.com

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Health Commissioner

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## Child Abuse Awareness and Prevention

National Child Abuse Prevention Month recognizes the importance of families and communities working together to prevent child abuse and neglect. Prevention services and supports developed by this collaboration can help to protect children and strengthen families.

The Centers for Disease Control and Prevention (CDC) categorizes abuse as “acts of commission,” or things someone does that cause harm to a child. Neglect is categorized as “acts of omission,” or things someone fails to do that cause harm to a child. However, actions can also be abuse if they threaten harm, or have the potential to cause harm.

Harm can be complicated to think about. It’s not always as simple as seeing bruises. Sometimes harm isn’t immediate and sometimes it isn’t transparent, but it always has an effect on a child — sometimes for a lifetime.

- Harm can be physical, like bruises, cuts, or broken bones.
- It can also harm a child’s intellectual development
- It also can be cognitive, which means it affects a child’s intellectual development.

On Wednesday, April 12th, wear blue to help raise awareness of child abuse and neglect. If you use social media, post a picture with the hashtag, #OhioWearsBlue.

For more information about Child Abuse and Neglect, be sure to visit <https://www.childwelfare.gov/topics/preventing/preventionmonth/>.



## Dental Hygiene

Maintaining your teeth isn’t only about looking good. Poor dental hygiene can lead to problems that are much bigger than an unpleasant smile. Tooth decay and gum disease can affect other parts of your body, including your heart.

Good oral/dental health translates to good health overall. Dental problems such as cavities or gum disease can impair your ability to eat and speak properly, cause pain and bad breath. And what many people may not realize, is that poor dental health can have a profoundly, negative affect on areas outside of the mouth, including your heart, diabetes, pregnancy and chronic inflammation, such as arthritis — to name a few.

While it’s true that visiting the dentist twice a year is a good rule of thumb for many people, the truth is that you have your own unique smile needs. So it depends on your oral hygiene, habits, and individual medical conditions.

Both adults and children need to brush their teeth twice a day. According to Stanford Children's Health, children only need to floss once a day, for two minutes. Adults need to floss twice a day for the same amount of time. Some people only need to visit the dentist once or twice a year, while others may need to go more often. So, always remember to ask your dentist when you should schedule your next appointment.



# What's Happening at WCHD?

**New Staff:** This month, WCHD is going to have several exciting new additions, one being our new dietician, Laura Brodt on April 3rd. We will also have two public health nurses starting in the first couple of weeks in April. Check out our social media pages in the upcoming weeks to learn more about them!

**Mobile Mammogram Event:** On Friday, April 14th, from 8:00AM to 4:00PM, there will be a Mammogram Bus at WCHD's Franklin WIC location, at 333 Conover Drive, Franklin Ohio. If you need to get a mammogram, call 855-887-7364 to get scheduled!

**Tire Recycling Events:** There will be **two** tire recycling events in Warren County in April! The first event will be on April 8th, from 9:00AM-12:00PM in Turtlecreek Township, at the Turtlecreek Administrative Building, located at 670 OH-123, Lebanon Ohio. The second event will be on April 29, from 9:00AM-12:00PM at the Wayne Township Road Department, located at 5238 N. Waynesville Road, Oregonia, OH 45054.

**Community Health Assessment:** The Community Health Assessment (CHA) will be available to read on April 20th. To read it, visit our website!



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# Will April Showers bring May Flowers? Stay up to date on Storm Safety!



Did you know that the months of March, April, and May are the months with the most severe weather? During these months, it is a great idea to make sure that you are up to date on storm safety! One of the first things that you can do for where you live is to have an emergency kit available in case events like power outages occur. Basic supplies in your emergency kit should include:

- Flashlight and fresh batteries
- Battery or solar powered radio and/or transistor radio
- First aid supplies
- Hand Sanitizer and/or wipes
- Three day's supply of non-perishable food and one gallon of water per person per day in your household
- Masks
- Both prescription and non-prescription medications

To view a comprehensive list, visit [https://www.ready.gov/sites/default/files/2021-02/ready\\_checklist.pdf](https://www.ready.gov/sites/default/files/2021-02/ready_checklist.pdf) to download a printable page, complete with a checklist.

If you have to drive in a thunderstorm, there are some tips that you should follow to help ensure your safety.

- Drive Slowly**
- Increase the distance between your car and the car in front of you.**
- Turn your car lights on if it is raining.** In fact, it is Ohio law to turn on your vehicle's lights if the windshield wipers are in use.
- Turn Around, Don't Drown.** If there is standing water on the roadway, do not drive through it. Just as little as 12 inches of moving water can sweep away a small car, and 18-24 inches can sweep away most other vehicles (SUV's, trucks)

