

NEWS AND INFORMATION



Smoking Cessation Tips and Tricks



Quitting smoking is one of the most important actions you can take to improve your health. This is true regardless of your age or how long you have been smoking.

It's never too late to quit smoking. Over time, people who quit smoking see many benefits to their health. It reduces your risk of heart disease, cancer, lung disease, and other smoking-related illnesses. After you smoke your last cigarette, your body begins a series of positive changes that continue for years.

- Minutes after you quit, your heart rate drops.
- After 1 to 12 months, coughing and shortness of breath decrease.
- After 1 to 2 years, your risk of heart attack drops sharply.
- After 5 to 10 years, the added risk of mouth, throat, and voice box cancers drops by half.
- After 10 to 15 years, the added risk of lung cancer drops by half.



Quitting smoking can be a challenge. Make a plan this New Year to help you live a smokefree life today!

There are many resources to help you on your quit journey.

- Proven treatments like counseling and quit-smoking medicines can help you quit and stay quit. Using counseling and medication together can give you the best chance of success.
- Tips for quitting can help you with urges and cravings.
- Quitlines provide free coaching—over the phone—to help you quit smoking. When you call 1-800-QUIT-NOW, you can speak confidentially with a highly trained quit coach. Quitlines are available throughout the United States, and coaching help is available in several languages. Some quitlines offer text messaging support.
- The National Texting Portal connects you (adults 18 years of age and older in the United States) with mobile text message-based support to help you quit smoking.
- The quitSTART App is a free smartphone app that helps you quit smoking with tailored tips, inspiration, and challenges.

By making a quit plan and using these resources, 2024 can be the year you quit for good. Use the new year to welcome the possibilities of a smokefree life today!

Why Food Inspections?

The Food Safety Program is concerned with the sanitary operation of the restaurants, retail food establishments (grocery stores), mobile food operations, vending machine locations, as well as temporary food booths at festival events in Warren County. Our Environmental Health Staff review plans and equipment lists on new operations to ensure a clean, sanitary start in the food operation business.

Each food operation in Warren County is inspected two to four times a year to ensure the sanitation of the operation does not deteriorate allowing food to be sold that could result in illness. The inspection frequency depends on the risk posed and past quality of the operation. Mobile and Temporary Food Operations are also inspected during festivals and special events.

Compliance standards are primarily related to:

- Food protection
- Time and temperature requirements
- Employee hygiene
- Cleaning/sanitizing of equipment & utensils
- Hand-washing facilities
- Water and sewage services
- Restroom facilities
- Waste disposal
- Pest control
- Maintenance of floors, walls and ceilings
- Sufficient lighting and ventilation
- Proper storage and display of toxic materials

If you want to read copies of inspection reports from restaurants and food establishments in Warren County, visit

<https://warrenchd.com/environmental/inspection-reports>

www.warrenchd.com



WarrenCoHealth



warrencountyhd



Warren County Health District

Radon is a radioactive gas that comes from the natural decay of uranium in rocks and soil. Radon occurs naturally outdoors in all types of rocks and soils in harmless amounts, but can become concentrated in homes built on soil with natural uranium deposits. Radon moves up through the ground to the air and into homes through cracks and holes in the foundation. Nearly 1 out of every 15 homes in the United States is estimated to have elevated radon levels. Radon is not isolated to a certain geographical area or home type.

Radon is the mean public exposure to ionizing radiation and accounts for approximately 21,000 deaths from lung cancer each year. Radon decays quickly, giving off tiny radioactive particles. When inhaled, these particles can damage cells that line the lungs either by creating free radicals or causing DNA breaks or damage. Long-term exposure to radon can lead to lung cancer. Other adverse respiratory effects associated with chronic exposure to radon include emphysema, pulmonary fibrosis, chronic interstitial pneumonia, silicosis, and respiratory lesions. Exposure to radon and cigarette smoking are synergistic, meaning that the combined effect is greater than that of their independent effects.



The only way to know whether radon is a problem in your home is to test for it. The EPA urges testing if a home has not been tested for radon in the past two years. Radon testing and mitigation are easy and affordable activities that can significantly reduce the radon threat. Homes that are next door to each other can have different indoor radon levels; therefore, a neighbor's radon test is a poor predictor of radon risk. You can test your home yourself through "do-it-yourself" radon test kits (available online and from local and state health departments and home improvement stores/centers) or hire a qualified radon test company.

The EPA recommends taking action when the level of radon in a home is more than 4 picocuries per liter of air. There are simple solutions to fixing radon problems in homes. Some techniques prevent radon from entering the home and other techniques reduce radon levels after it has entered the home (i.e., subslab suction, drain-tile suction, sump-hole suction, block-wall suction, submembrane suction, sealing, home/room pressurization, heat recovery ventilation, and natural ventilation). Additionally, it is easy to build new homes radon-resistant. The EPA provides five basic techniques all builders should follow to prevent radon from entering a home.

What's Happening at WCHD this month?

**January 15th (Martin Luther King Jr. Day)-
WCHD Closed**



**January 23, 2024- TriHealth Mobile
Mammography will be at WCHD!**

The TriHealth Mobile Mammography Van will be at WCHD on January 23, 2024. To schedule an appointment please call 513-569-6565. Insurance accepted and financial assistance is available for those who qualify.



ALL MONTH:



FREE at home COVID-19 tests available. If you are interested in getting some COVID-19 tests, call 513-695-3126 to schedule a pick up time



Nutrition and diet counseling provided by WCHD dietitian, Laura Brodt. If you are interested, call 513-695-1477 to set up an appointment.



Vaccination Clinics. Adult and childhood vaccines available. Need a COVID-19 and/or flu vaccine? Call 513-695-1468 or 513-695-1229 to get scheduled.



Various Health Clinics. Need to see a doctor or medical professional? Visit warrenchd.com to see a description of the clinics WCHD offers.