

# The Noble County Health Monitor

A monthly publication sponsored by the Noble County Health Department

July Issue  
2024

## Baby-Led Weaning

Baby-Led Weaning (BLW) method allows babies to explore food at their own pace by feeding themselves rather than being spoon-fed purees. It marks a significant shift towards nurturing independence and self-confidence in eating from the very start of a child's development. July 1st is the day BLW is celebrated which is also the six-month point of the year, aligning closely with the recommended age for babies to begin solid foods according to pediatric guidelines.

Solid meals can be introduced when kids are six months old and are ready to eat. However, the starting point matters: too early is dangerous, whereas doing it too late leads to selective eating and weight issues. Highlighting the indicators of readiness to be fed and introducing solid meals safely around the six-month mark, helps to educate parents and caregivers on this relevant subject. Many parents feel pressured to start BLW or solid meals too early, but waiting until their kid is ready is critical. Nutritionally, there is no need to start before six months are over because the mother's milk and/or formula are sufficient. Kids are not developmentally ready for solid meals until they reach that age, so starting early leads to the risk of choking and other problems.

This day serves as a reminder of the importance of respecting a baby's readiness for solid foods.

**SIGNS YOUR BABY IS READY FOR SOLIDS!**

*Stay committed  
to your  
decision, but stay  
flexible in  
your approach.*

*- Tony Robbins*

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## Need a Mammogram?

The Center for Disease Control and Prevention advises that getting mammograms regularly can lower the risk of dying from breast cancer. The United States Preventive Service Task Force recommends that average risk women who are 50-74 years old should have a mammogram every two years. Mammograms are covered by most health insurance programs. If you are worried about the cost or don't have health insurance, the Breast and Cervical Cancer Project may be able to help. To see if you qualify call 1-800-236-6253. The Ohio State University Mammography mobile van will be at the Noble County Health Department on August 22nd and September 23rd. If you have questions or would like to schedule an appointment, call Tammy at 740-732-4958.

## Healthy Swimming

Swimming is a fun way to spend time with family and friends. However, it's important not to go in the pool if you have diarrhea. Just one diarrheal incident in the water can release millions of diarrhea-causing germs like Cryptosporidium, Giardia, Shigella, norovirus, and E. coli. Most germs are killed within minutes by common pool disinfectants like chlorine or bromine. Help protect yourself and others from germs by following a few simple but helpful steps.

Before getting in...

Don't swim if sick with diarrhea. Check out the latest inspection results. Most can be found online or on-site. Shower for at least 1 minute before you get into the water to remove most of the dirt and sweat on your body.

Once in...

Don't swallow the water. Don't pee in the water. Take kids on bathroom breaks and check diapers every hour. Change diapers in a bathroom or diaper-changing area—not poolside—to keep germs away from the pool.

**For more health  
information contact:  
NOBLE COUNTY  
HEALTH  
DEPARTMENT  
740-732-4958  
www.noblecohd.org**

## Grilling Safety

July is the peak month for grill fires, followed by June, May and August and gas grills contribute to a higher number of fires than charcoal grills. However, devastating grilling mishaps can occur any time you light up the grill.

Before you fire up your grill look over these safety tips:

- Use propane and charcoal grills outdoors only. Grilling inside any type of enclosed space poses both a fire hazard and escalates the risk of exposing occupants to toxic gases.
- Keep children and pets at least three feet away from the grill area.
- The grill should be placed well away from the home, deck railings and out from under eaves and overhanging branches.
- Keep your grill clean by removing grease and fat buildup.
- Never leave your grill unattended.
- Always make sure your gas grill lid is open before lighting it.
- Clean and perform general maintenance on gas grills at least twice a year. Check the regulator, hoses, burner parts, air shutter, and valve section carefully. Always turn off gas at the source (tank or supply line) prior to inspecting parts. If using a gas cylinder, check the hose for leaks periodically, especially before using it for the first time each year.
- NEVER add charcoal starter fluid when coals or kindling have already been ignited and never use anything other than charcoal starter fluid to get the fire going.
- Keep charcoal fluid out of the reach of children and away from heat sources.
- When you are finished grilling, let the coals completely cool before disposing in a metal container.



## Blood Drive

The American Red Cross Bloodmobile will be at the Noble County Community Center on Thursday, July 18th, from 11am to 4pm. There is also another scheduled blood drive September 19th from 11am to 4pm.



### Have an upcoming event?

If you would like it in the monthly health monitor please contact Samantha Hesson at 740-732-4958 or [Samantha.Hesson@noblecohd.org](mailto:Samantha.Hesson@noblecohd.org)

"This Institution is an Equal Opportunity Provider."

## Living with Cancer

Free Support Group in Noble County

*Open to anyone impacted by cancer.*

*Patients, caregivers, loved ones, health professionals*

Have you, or someone you love been impacted by a cancer diagnosis?

Find your support with Cancer Support Community.

Living with Cancer is a free support group for residents of Noble County and surrounding communities.

**Snacks will be provided. All are welcome.**



**Noble County Health Dept  
or online via Zoom**

44069 Marietta Rd, Caldwell, OH

**Click, call, or scan to register.**

[CancerSupportOhio.org/NCHD](http://CancerSupportOhio.org/NCHD)  
614.884.HOPE (4673)



*Every Third Thursday, Monthly*

# SPORTS PHYSICAL CLINIC

NO  
COST

JULY 18TH, 2024

10:00AM-6:00PM

JULY 22ND, 2024

2:00PM-6:00PM

Appointments  
Required

740-732-4958

ALL VACCINES ARE AVAILABLE DURING THE VISIT AND BILLED AS APPROPRIATE. IF UNDER THE AGE OF 18, WRITTEN PARENTAL CONSENT IS REQUIRED.



COMPLETED  
OHSAA PHYSICAL FORM REQUIRED



Presents:

## NO COST Youth\* EYE EXAMS and GLASSES DAYS



For more information  
and a registration form,  
contact:

Teiara Saling  
(740) 732-2392

teiara.saling@jfs.ohio.gov

\*4-18 years old

[www.visiontolearn.org](http://www.visiontolearn.org)

### Self-Care Day

International Self-Care Day is celebrated on July 24. It stresses the value of self-care as a basis of wellness. Individuals around the world are urged to make self-care a part of their everyday routines and turn it into a priority. Self-care has become incredibly important as people realize the need to take care of themselves and put themselves first.

Today, we urge you to practice self-care, even if all you do is take a walk. Self-Care Day underlines the benefits of self-care that can be felt at any time of day or night, seven days a week, regardless of the season, which is why it is celebrated on 24<sup>th</sup> day of the 7<sup>th</sup> month of the year. The benefits of self-care, to put it another way, last a lifetime and are not limited to a single day.

Self-care day serves as a chance to increase awareness of healthy living self-care programs. The idea of self-care has been around for a while, but only recently received a lot of attention. Self-care can be anything from following a healthy diet and exercising proper cleanliness to developing disease-prevention strategies in one's daily routine. Major progress has been achieved in the availability and accessibility of novel self-care interventions, and the self-care movement continues to rise. A wide range of health issues, from mental health to therapy for chronic diseases, can now be self-administered thanks to new approaches and technological breakthroughs.

#### SELF-CARE DAY ACTIVITIES

##### Write a List

Write a list of all the ways you can continue to provide self-care for the rest of the year. Ways you can prioritize self-care include reading a good book, having a regular sleep pattern, paying your bills on time, and so on.

##### Stress less

Stress can take a toll on your health, and when we are aware of our stress, we get even more stressed. You can drink tea, take a walk, or journal to relieve stress, and take care of yourself.

##### Meditate

Spending just a few minutes quieting your mind through meditation will go a long way. Meditation has been shown to improve quality of life, so today is a good day to practice it or get into it if you have always wanted to but haven't found the time yet.