

The Noble County Health Monitor

A monthly publication sponsored by the Noble County Health Department

September is National Preparedness Month

This year's theme is "Start a Conversation". Talking about bad things that could happen like a disaster or emergency isn't always easy. We may think we're protecting the people we love by avoiding these conversations, but they are important to start taking steps to get ready and stay safe. Starting a conversation today can help you and your family take more actions to prepare.

By taking simple steps, you can build your preparedness at your own pace:

- ◇ Set aside a time when everyone is calm and relaxed.
- ◇ It may help to hold the discussions over a set time period, so decisions aren't rushed, and people feel more comfortable talking about the topic.
- ◇ Talk about steps you've taken to prepare and encourage others to ask questions about preparedness actions that might work for them.



Severe weather, flooding and wildfires are happening more frequently, and causing serious damage and destruction in our communities. National Preparedness Month is an important opportunity to share lifesaving information about how families and businesses can be prepared in an emergency, and how the Federal Emergency Management Agency (FEMA) is working to help communities plan for and respond to natural disasters. Visit ready.gov for more information, a checklist to prepare for different events, and tips of how to get through different extreme weather events.

September 2024
Issue

September 2-
Labor Day

September 11-
Patriot Day

Never give up on something just because of the time it will take to accomplish it. The time will pass anyway.

- Earl Nightingale

Need a Mammogram?

According to the center for Disease Control (CDC) 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 screening 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 September 23. To schedule an appointment, call Tammy at 732-4958.

SAVE THE DATE

DRIVE THRU FLU SHOT

CLINIC



SUNDAY, OCTOBER 6

9am - 1pm

at the
Noble County Health
Department

Save time &
Pre-register!

Call us at
740-732-4958
or
Scan the QR Code



Pneumonia
and
COVID-19
Vaccines
Available!

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For more health information contact:
Noble County
Health
Department
740-732-4958
www.noblecohd.org

Whole Grains Month

Throughout September, Whole Grains Month promotes the benefits and flavors of whole grains in a healthy diet. Whole grains include the entire seed of a plant. A grain seed is composed of three parts: Bran - The outer shell of a seed or kernel is hard and contains important minerals, antioxidants, and fiber. Endosperm - The next layer of a seed or kernel (or the middle layer) contains most of the carbohydrates found in grains. Germ - The center layer provides vitamins, minerals, and necessary protein. Whole grains are a vital part of a healthy diet. Not only do whole grains help reduce heart disease and diabetes, but they also help improve bowel health. Adding whole grains to your meals is easier than many people think it is. These whole grains can be added to every meal with ease. A few kinds of whole grains to start incorporating in your diet include: Oats or oatmeal, Brown or wild rice, Popcorn, Whole rye, barley, corn, Quinoa, Buckwheat, or Bulgar.

Try these delicious ways to incorporate whole grains in your meals throughout September:

- ◇ Add granola to your yogurt.
- ◇ Switch to 100% whole grain bread - this includes 100% whole wheat breads.
- ◇ Replace refined pasta with whole-grain versions.
- ◇ Replace refined pasta with whole grain rice.
- ◇ Add quinoa to your smoothie.
- ◇ Enjoy a bowl of air-popped popcorn.
- ◇ Switch to whole-grain tortillas.
- ◇ Add whole grains to your baking. Replace a portion of a recipe that calls for all-purpose flour with a whole-grain version.



Join the Medical Reserve Corps

The Medical Reserve Corps (MRC) is a national network of volunteers who help make their communities stronger and healthier during disasters and every day.

Who volunteers with the MRC?

MRC volunteers include medical and public health professionals as well as community members without healthcare backgrounds. Local MRC volunteers are trained as part of a team and work within their community's health, preparedness, and response infrastructures to help meet local medical and public health needs during emergencies. MRC volunteers also promote preparedness in their communities to improve everyday health, reducing potential public health risks and vulnerabilities.



Interested in finding out more information? Scan the QR code



Suicide Awareness

While there is no single cause for suicide, there are risk factors and warning signs which may increase the likelihood of an attempt.

Mental health conditions can increase risk of suicide as well as other serious physical health conditions including pain and Traumatic Brain Injury. Environmental factors include access to firearms and drugs, prolonged stress including harassment and bullying, relationship problems, unemployment, stressful life events, financial crisis and other life transitions or loss and exposure to another person's suicide. Historical factors that may increase risk include previous suicide attempts, family history of suicide and childhood abuse, neglect or trauma



Something to look out for when concerned that a person may be suicidal is a change in behavior or the presence of entirely new behaviors. This is a strong concern if the new or changed behavior is related to a painful event, loss, or change. Most people who take their lives exhibit one or more warning signs, either through what they say or what they do.

If you believe someone may be in danger of suicide:

- ◇ Call 911, if danger for self-harm seems imminent.
- ◇ Call or text 988 to reach the 988 Suicide & Crisis Lifeline to talk to a caring professional.
- ◇ Listen without judging and show you care.
- ◇ Stay with the person or make sure the person is in a private, secure place with another caring person until you can get further help.
- ◇ Remove any objects that could be used in a suicide attempt.

Learn how to talk about mental health to help you speak to a loved one who you may think is experiencing any mental health concerns. If you are concerned about someone in your life, learn more about the ways you can get help and discover tools you can use today to have a conversation about mental health by visiting samhsa.gov.

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.

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Baby Safety Month

All September long, Baby Safety Month highlights the importance of providing babies and families with safe, quality products. Children are a precious commodity. Parents and caregivers strive to provide the safest environment for children. Putting children's safety first is a high priority. That not only means protecting them where they live but also protecting them from dangerous products. For babies, every room in the home poses safety concerns. The paint on the walls, the temperature of the water, cleaners under the sink all present risk factors. But there are actions parents and caregivers can take to protect babies. These are just a few:

- ◇ Anchor large pieces of furniture and televisions
- ◇ Place gates at the tops and bottoms of stairs
- ◇ Cover outlets
- ◇ Remove blinds and curtains with long or looped cords
- ◇ Install smoke detectors and test twice a year
- ◇ Add a fire extinguisher to every level of the home
- ◇ Put safety latches on cabinet doors and the toilet
- ◇ Check the thermostat on the hot water heater; install a temperature guard
- ◇ Remove toys with pieces small enough to swallow. Throw away broken toys
- ◇ Test old paint for lead. Have it removed or sealed
- ◇ Place bumpers on sharp corners
- ◇ Remove poisonous plants

Complete the registration cards that come with baby furniture, supplies, and toys. If there is a recall, you'll be notified. Babies keep parents and caregivers busy, but these are just a few steps to help make their jobs less stressful and keep their small humans safe.

Hey, Noble County!

Tell us what you think!

Community Health Needs Assessment Survey



The Southeastern Ohio Health Improvement Collaborative (SOHIC) (including Coshocton, Guernsey, Morgan, Muskingum, Noble, and Perry Counties) is conducting a short (20-minute or less!) survey to understand health needs in the community.

Share your thoughts on community health needs and how we can make our community a healthier place to live!

Or visit:
<https://www.surveymonkey.com/r/SOHIC>

