

The Noble County Health Monitor

A monthly publication sponsored by the Noble County Health Department

Be Ready: September is Preparedness Month!

Every September is National Preparedness Month. This is a time when families, schools, and communities learn how to stay safe during emergencies. Emergencies can happen anytime—like storms, floods, fires, or even power outages. Being prepared helps keep everyone safe.

Why Is Preparedness Important?

When you are prepared, you know what to do if something unexpected happens. According to Ready.gov, having a plan and an emergency kit can make a big difference during a disaster. Here are 5 simple things you can do to be ready:

1. Make a Family Emergency Plan: -Talk with your family about what to do if there is an emergency. Where will you go? Who will you call? How will you stay in touch? Write the plan down and practice it together.
2. Build an Emergency Kit- You can make your own kit or buy one already made. Every home should have a kit with:
 - Water (1 gallon per person per day)
 - Non-perishable food (like granola bars or canned beans)
 - Flashlight with extra batteries
 - First aid supplies
 - Important papers in a waterproof bag
3. Know Your Area's Risks-Some places have more floods, while others may have earthquakes or wildfires. Ask an adult or teacher about what kinds of disasters happen where you live. Then you can plan better!
4. Learn Basic First Aid-Knowing how to clean a small cut or wrap a sprained ankle can help someone until help arrives. Ask your school if they teach first aid or look for videos with a parent's help.
5. Stay Informed-You can sign up for emergency alerts on your phone or watch the news during storms. It's important to listen to trusted adults or officials during an emergency.



September 2025

September 1–

Labor Day

September 11–

Patriot Day

Dreams and dedication are a strong combination.

-William Longgood

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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.

Cholesterol

Did you know that September is Cholesterol Awareness Month? It's a great time to learn about cholesterol, why it matters, and what you can do to keep your heart healthy. Your body needs cholesterol to perform important jobs, such as making hormones and building cells. Cholesterol travels through the blood on proteins called lipoproteins. Two types of lipoproteins carry cholesterol throughout the body: low-density lipoprotein (LDL), sometimes called "bad" cholesterol, and high-density lipoprotein (HDL), or "good" cholesterol. When your body has too much LDL cholesterol, it can build up in the walls of your blood vessels blocking blood flow which can cause chest pain or a heart attack. This buildup is called plaque. HDL, or "good" cholesterol, carries cholesterol back to the liver which it can then be flushed from the body.

You can do many things to improve your cholesterol levels and keep them in a healthy range!

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

Child Passenger Safety Week

National Child Passenger Safety Week is all about keeping kids safe on the road! Each September, families are reminded to double-check that car seats, booster seats, and seat belts are being used the right way—because even small adjustments can make a big difference in protecting little ones during a crash. Many parents don't realize that most car seats are installed or used incorrectly, which can reduce their effectiveness. That's why the Noble County Health Department has certified technicians who can help make sure your child's seat is the right fit and properly installed. Taking a few minutes to get it right can give families peace of mind and keep kids safer on every ride. Call us today for an appointment at 740-732-4958.

September 21-27, 2025 is Child Passenger Safety Week!

Did you know that one of the BEST ways to protect your child in a crash is by keeping them in the correct car seat for their age, height, and weight?

- ⇒ Rear-facing as long as possible (at least until age 2, and longer if their seat allows).
- ⇒ Forward-facing with a harness until they outgrow it by height or weight.
- ⇒ Booster seat until seat belt fits properly (usually between ages 8–12).
- ⇒ Seat belt only when it fits correctly—lap belt low on the hips and shoulder belt snug across the chest.
- ⇒ Remember: Don't rush to the next stage. Each step up is actually a step down in protection. Keeping your child in their current seat until they max it out gives them the safest ride possible.

Take a minute today to double-check that your child is riding in the right seat, at the right time, every time.

Back to School Word Search

O E O C T L C J Q F K L V E U H C Q U Z
N E H I V C T X R H O R G N Y K R Z V G
S U S L B U T R K U S J B G A C M K R K
X G Q U P V X F W C M N E S G A X G E W
C X O N E C M Y W L A Y J U T P C M C S
L Z U C N W G W C A R K H B N K C B E C
B G T H C A Z N H S T N O O V C R O S I
X J L B I S E H F S B X M S R A A O S S
I K Z O L O K H T R O M E H J B Y K E S
P X V X Y I V V M O A T W E L A O S I O
P H N Q Y V N E F O R Z O W G L N C S R
V I W P F T S X R M D O R V L H S Y K S
R W L Z A R C W B A A Q K N J M L Q H I
E R A L S Q I U P L S E I P F E N X S B
H U U X T J V E L D U E B W Y G S L L I
C X J X U A H V N L K S R P W R U C Z R
A R N D D Y P T G D S C H O O L Z E N E
E Z G E E S G A M P S P B W Y H L V J L
T S D S N R N O T E B O O K H Q Q M C U
R R D K T M W R Q K I X D L I B L U P R

Backpack
Books
Bus
Classroom
Crayons
Desk
Eraser
Friends
Glue
Homework
Lunchbox
Notebook
Pencil
Recess
Ruler
School
Scissors
Smartboard
Student
Teacher

Prevent Falls

The Ohio Department of Aging (AGE) is proud to bring back 10 Million Steps to Prevent Falls in September 2025. The annual campaign encourages Ohioans of all ages to walk at least one mile during the month of September. Staying active as we age encourages healthy living and access to Ohio's communities. 10 Million Steps events provide Ohioans with an opportunity for exercise, and a chance to learn about local resources available to help prevent falls. In 2024, AGE recorded more than 70 million steps from its partners around the state. Regular exercise is one of many things people can do to lower their risk of falling.

Falls are not a normal part of aging, but older adults are at increased risk for a potentially life-changing tumble. You can reduce your risk of falling by paying attention to what is called the "Three H's:" Your home, your health, and your habits according the Ohio Department of Aging: Home: Look at each room in your home and learn how to recognize and remove hazards that can cause you to slip or trip. Discover small and large improvements that will make your home safer in the long run.

Health: By making healthy choices and having ongoing and honest conversations with our health care professionals, we can significantly reduce our risk of falling.

Habits: Our bodies change as we age, and so should the ways we do certain everyday tasks.



About AGE – The Ohio Department of Aging serves and advocates for the needs of Ohioans age 60 and older, as well as their families, caregivers and communities. Programs include home and community based long-term supports and services, as well as initiatives to promote health and wellness throughout the lifespan. Learn more at Aging.Ohio.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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Childhood Obesity

Did you know that September is Childhood Obesity Awareness Month? This is a time to learn how to help kids grow up healthy and strong. It's also a time to take action to prevent childhood obesity.



Obesity means having too much body fat. When a child is obese, it can affect their health in many ways. They might have a harder time running and playing. They could also be more likely to have health problems like diabetes, asthma, and heart disease. According to the Center for Disease Control and Prevention (CDC) 2023 Childhood obesity Facts, about 1 in 5 children in the United States has obesity. Here are some simple action items that can help prevent or manage childhood obesity:

- **Eat healthy foods:** Fill half your plate with fruits and vegetables. Choose water instead of sugary drinks like soda or sport drinks. Limit fast food and snacks that are high in sugar or fat.
- **Be active:** Aim for at least 60 minutes of physical activity every day. Ride your bike, play tag, dance, or go for a walk with your family.
- **Get enough sleep:** Kids need 9-12 hours of sleep each night. Turn off screens at least 1 hour before bedtime.
- **Support each other:** Parents and caregivers can be role models. If adults eat well and stay active, kids are more likely to do the same. Plan active family outings like hiking, swimming, or playing at the park. Try new healthy foods together as a family.

For more information check out Healthychildren.org.

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Get tested at least every 5 years (unless told otherwise by your doctor). Make healthy food choices. Limit foods high in saturated fats. Choose foods naturally high in fiber and unsaturated fats. Learn more about healthy diets and nutrition at CDC's Nutrition website.

Be active every day. The Physical Activity Guidelines for Americans recommends that adults get 150 to 300 minutes of moderate physical activity each week. Don't smoke or use tobacco products. Smoking damages your blood vessels, speeds up the hardening of the arteries, and greatly increases your risk for heart disease. If you do smoke, quitting will lower your risk for heart disease.

Talk with your health care team about ways to manage your cholesterol. If any medicines are given to you to manage your cholesterol, take them as they are prescribed.