

PREVENT DISEASE AND INJURY. PROMOTE HEALTH AND WELLNESS. PROTECT YOU AND YOUR COMMUNITY.

## What's in This Month's Issue:

- Updated COVID-19 Booster Approved for Ages 5-11
- Breaking the Stigma: Mental Health, Addiction, & Trauma Breakfast Event

- New 4YourMentalHealth Website
- It's Time to Get Your Flu Shot
- Alcohol Consumption Data
- Move More: Tips for Exercising
- BGSU Students Visit WCHD

## Updated COVID-19 Booster Approved for Ages 5-11

Source:  
NACCHO

In October, the FDA authorized and the Centers for Disease Control and Prevention (CDC) recommended the updated COVID-19 bivalent vaccine for use as a single dose booster to children as young as 5. The Pfizer-BioNTech bivalent vaccine is authorized for children 5 and up, while the Moderna bivalent vaccine is authorized for children 6 and up. Both boosters are for use at least two months following completion of primary or booster vaccination. The updated bivalent boosters are designed to protect against the original strain of COVID-19 and against the more transmissible and immune-evading omicron variants that are currently dominant.

## Breaking the Stigma: Mental Health, Addiction, & Trauma

You are invited to the Breaking the Stigma: Mental Health, Addiction, & Trauma Breakfast. The event will take place on Thursday, January 19th at 7:30am at Bryan Eagles.

Join renowned speaker, Dr. Gretchen Clark Hammond, for a community breakfast as she discusses the role of trauma and health in the development of substance use & mental health disorders, the signs of chronic stress, compassion fatigue, and how to utilize wellness strategies. The event will include 2 sessions: "Trauma as helping professionals" & "Breaking the Stigma of Mental Health and Addiction."

Register by January 9th using the following link:  
[bit.ly/BreakingTheStigmaWC](https://bit.ly/BreakingTheStigmaWC).

Feel free to promote this event with your colleagues and other community members.

To view the full flyer: [bit.ly/BreakingTheStigmaFlyer](https://bit.ly/BreakingTheStigmaFlyer)



**BREAKING THE STIGMA:  
MENTAL HEALTH, ADDICTION, & TRAUMA**

Join renowned speaker, Dr. Gretchen Clark Hammond, for a **community breakfast** as she discusses the role of trauma and health in the development of substance use & mental health disorders, the signs of chronic stress, compassion fatigue, and how to utilize wellness strategies.

**WHEN: Thursday, January 19, 2023 at 7:30am-10:30am**  
**WHERE: Bryan Eagles (221 S. Walnut Street, Bryan)**

Registration is required. Please scan the QR code or go to [bit.ly/BreakingTheStigmaWC](https://bit.ly/BreakingTheStigmaWC) to register by January 9th.

Dr. Gretchen Clark Hammond, PhD, MSW, LSW, LCDCIII, TTS

MIGHTY CROW

## 4YourMentalHealth Website

The Williams County Health Department partnered with the four county health departments to launch the 4 Your Mental Health website, [4yourmentalhealth.org](https://4yourmentalhealth.org).



The site includes information about how to improve your mental health, local resources for support, blogs, & media galleries. The campaign features community members from the four county area and what they do to balance their mental wellness.

## It's Time to Get Your Flu Shot

Getting a flu shot now is the best way to protect yourself, your family, and your community from the flu. It is recommended that everyone 6 months and older get a flu shot once a year to reduce risk of serious illness. A flu shot is especially important for people with compromised immune systems, pregnant women, people ages 65 and older, people who live in nursing homes or long-term care facilities, and people with chronic health conditions. Vaccination has shown to have many benefits including reducing the risk of flu illnesses, hospitalizations, and even death.

In Williams County, there are many convenient options available where you can get a flu shot. Click the image below to see the full-size flyer or visit [bit.ly/WCFluClinic](http://bit.ly/WCFluClinic).

## IT'S TIME TO GET YOUR FLU SHOT WILLIAMS COUNTY LOCATIONS

There are several locations that offer flu shots in Williams County. Some locations require appointments, and some allow walk-ins. Please call or check the provider's website for appointments or to verify walk-in clinic hours.

If you have an established healthcare provider, you can also reach out to them about getting a flu shot.



Location	Ages	Appointment Hours	Community Services
<b>Rings Pharmacy</b> Address: 221 W Main St. Montpelier, OH 43543 Phone: 419-485-5115	Flu & COVID-19 Vaccines for ages 7+ years	Walk-ins available M-F: 8:30am - 7pm Sat: 8:30am - 1pm	Workplace flu & COVID-19 clinics available Accepts all major insurances
<b>Klinger Pharmacy</b> Address: 102 W Jackson St. West Unity, OH 43570 Phone: 419-924-2444	Flu & COVID-19 Vaccines for ages 7+ years	Walk-ins available M-F: 9am - 6pm Sat: 9am - 1pm	Workplace flu & COVID-19 clinics available Accepts all major insurances
<b>Walgreens Pharmacy</b> Address: 403 S Main St. Bryan, OH 43506 Phone: 419-636-0613	Flu & COVID-19 Vaccines for ages 3+ years	Evening appointments available. Self-schedule appointments online <a href="http://bit.ly/WalgreensWC">bit.ly/WalgreensWC</a>	Flu & COVID-19 vaccines available Insurance accepted
<b>CVS Pharmacy</b> Address: 341 W High St. Bryan, OH 43506 Phone: 419-636-5021	Flu & COVID-19 Vaccines for ages 3+ years	Evening appointments available & self-schedule appointments online <a href="http://bit.ly/CVSWC">bit.ly/CVSWC</a>	Flu & COVID-19 vaccines available Insurance accepted
<b>Rite-Aid Pharmacy</b> Address: 1221 W High St. Bryan, OH 43506 Phone: 419-636-6142	Flu & COVID-19 Vaccines for ages 5+ years	Evening appointments available & self-schedule appointments online <a href="http://bit.ly/RiteAidWC">bit.ly/RiteAidWC</a>	Flu & COVID-19 vaccines available Insurance accepted
<b>Walmart Pharmacy</b> Address: 1215 S Main St. Bryan, OH 43506 Phone: 419-636-9153	Flu (7+ years) & COVID-19 Vaccines for ages 5+ years	Evening & weekend appointments available. Self-schedule appointments online <a href="http://bit.ly/Walmart_WC">bit.ly/Walmart_WC</a>	Flu & COVID-19 vaccines available Insurance accepted
<b>Williams County Health Department</b> Address: 310 Lincoln Ave. Montpelier, OH 43543 Phone: 419-485-3141	Flu & COVID-19 Vaccines for ages 6+ months	Walk-ins available on Mondays. Mondays: 9:30am - 4pm	Flu & COVID-19 vaccines available. Workplace & homebound clinics available upon request. Will not be turned away due to inability to pay; Uninsured; Insurance accepted

PROTECT YOURSELF AND OTHERS THIS FLU SEASON

Updated 10/31/2022

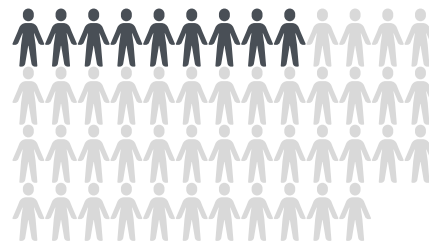
## Alcohol Consumption Data

Source: Health Policy Institute of Ohio

In the United States, an estimated one in eight deaths of people ages 20-64 in the years 2015-19 was the result of injuries or illness caused by excessive alcohol use, according to a new study from the Centers for Disease Control and Prevention. The study assessed the effects of alcohol on people of working age. Alcohol's effects on American's health has been growing and is a leading cause of preventable death.

Locally, according to the Williams County Community Health Assessment (CHA) in 2022, more than half (54%) of adults had at least one alcoholic drink in the past month, increasing to 66% of males. Of current drinkers, adults drank 3.3 drinks on average on the days that they drank, decreasing to 2.0 drinks for those ages 65 and older.

Eighteen (18%) of Williams County adults reported they had five or more alcoholic drinks (for males) or 4 or more drinks (for females) on an occasion in the last month and would be considered binge drinkers.



18% of all Williams County Adults Binge Drink

Among current drinkers in Williams County, 36% were considered binge drinkers.



36% of Current Drinkers in WC Binge Drink

Are you drinking too much? Check your drinking by taking the anonymous assessment on the CDC website: [cdc.gov/alcohol/index.htm](http://cdc.gov/alcohol/index.htm). Contact the Four County ADAMhs Board to learn more about local resources that can help.

Study: [doi:10.1001/jamanetworkopen.2022.39485](https://doi.org/10.1001/jamanetworkopen.2022.39485)

To read more local data, visit: [bit.ly/WC2022CHA](http://bit.ly/WC2022CHA)

## Move More: Tips for Exercising

Source: American Heart Association

Too busy to add more exercise to your schedule? When you can't seem to make time for a full workout, try these no-sweat ways to simply move more.

1. Grab the leash and walk your dog.
2. Take your kid (or your spouse) for a walk. It's an excellent way to get some face time without screens. Keep it fun by exploring new neighborhoods or turning your walk into a scavenger hunt.
3. Try the 10-Minute Workout. Stuck at home? Boost your heart rate and brain power with this quick home workout ([bit.ly/3fKEVu1](https://bit.ly/3fKEVu1))
4. Walk and talk. Even if you're glued to your phone for work calls, you don't have to be glued to your chair. Make it a habit to talk and walk.
5. Tune into fitness. Retrain your inner couch potato. Walk or jog in place, do yoga or lift weights, or walk on the treadmill at the gym while you watch your must-see TV shows.
6. Ditch the car. Log some more active time by parking farther away (or even leaving the car at home) and walking or biking to your destination.
7. Take the stairs. The elevator may go up — but it doesn't make your heart rate climb. Take the stairs when you can.

When you start looking, you'll see lots of opportunities to be more active every day and get a few more steps in during everyday activities. Every step counts!

## BGSU Students Visit WCHD



Pictured: BGSU students and WCHD staff in front of the Williams County Health Department building in Montpelier.

Bowling Green State University (BGSU) visited the Williams County Health Department (WCHD) to learn about local health departments and public health. The students and Dr. Philip Welch toured the building and sat down with health department staff and leadership to discuss public health as a field, how to apply what they learn in the classroom in their community, and local jobs and internships.

WCHD offers paid internships for high school and college students. To learn more about these opportunities, call 419-485-3141 or visit [bit.ly/WCHDJobPostings](https://bit.ly/WCHDJobPostings).



WCHD Community Talking Points are published on a monthly basis and posted on our website and social media. If you would you like to receive the community talking points directly, sign up by completing this form: [bit.ly/WCCommunityTalkingPoints](https://bit.ly/WCCommunityTalkingPoints)

For more information on WCHD programs and services, visit: [williamscountyhealth.org](https://williamscountyhealth.org)

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