

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

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Free COVID Test Kits by Mail

Every U.S. household is eligible to place an order to receive four more FREE COVID-19 rapid tests delivered directly to their home.

Order tests at www.covid.gov/tests

Also, before you throw away your expired test kits, check to see if your COVID-19 tests' expiration dates have been extended. bit.ly/COVIDTestExpired



**Free COVID-19 Test
Kits Delivered to
Your Door**

Program Spotlight: Mobile Vaccine Clinics

The Williams County Health Department's Mobile Vaccine Clinics make vaccines available in all areas of the county. This is especially important for communities that do not have a doctor's office or pharmacy. The clinics are convenient for individuals who have difficulty accessing vaccines due to work schedules, childcare, and transportation barriers. Mobile clinics increase vaccine coverage throughout the county to keep people safe from diseases.

BACK TO SCHOOL CLINICS

- Evening clinics to accommodate working families were held at the Montpelier office.
- Mobile Clinics took place at Edgerton and North Central Schools during Back to School Open Houses.
- Gave 465 vaccines and vaccinated 218 Williams County students during the months of June-Sept.

SENIOR CENTER CLINICS

- Gave Flu and COVID Vaccines at all 7 Senior Centers through our 20-year partnership with the Williams County Dept. of Aging.
- Gave 122 Flu and 74 COVID vaccines this fall.
- Total of 133 Seniors received vaccines at their Senior Center.



HOMEBOUND VISITS

- Since 2021, WCHD has provided homebound vaccines to adults in the county. Some of the most medically fragile or vulnerable people are unable to leave their home and travel to a clinic.
- WCHD has served 10 residents this fall by going to their homes.

COMMUNITY EVENTS

- WCHD participates in community events, like Rainbow of Wellness, to promote vaccines and answer questions about vaccines for older adults.

WORKPLACE CLINICS

- Staff provide Flu and COVID vaccines to employees at local industries, factories, and places of business.



Breastfeeding Support Services for All

Did you know that WCHD offers breastfeeding support for all Williams County residents? You do not have to be a WIC participant to meet with one of our breastfeeding support team members.

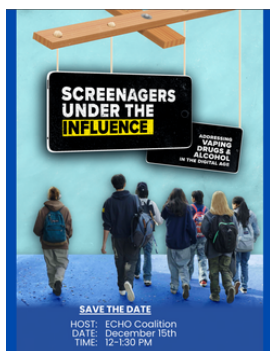
All Williams County parents can receive help with breastfeeding education, questions, and support. Call 419-485-3141 or 419-636-8754 to learn more.

Screenagers: Under the Influence Showing with ECHO

Kids are vaping in classrooms. Dealers are direct messaging teens on Instagram and Snapchat. Cannabis is legal in many states, with psychedelics soon to follow. The constant, 24-hour deluge of content pushing the normalcy of drugs, alcohol, and vaping on social media, TV, movies, ads, influencers, etc., is preying on our youth. The substance use culture has never been more appealing and accessible to teens than it is today.

Screenagers Under the Influence: Addressing Vaping, Drugs, and Alcohol in the Digital Age, the third feature documentary in the Screenagers trilogy, delves into how the tech revolution has reshaped adolescence and its effects on substance use. The film debunks myths and depicts strategies communities can use to encourage healthy decision-making, support teen mental health, set limits, and create healthy home environments. The film also includes many ways young people are using their wisdom and strength to help each other and themselves through this complicated terrain around substance use.

While most documentaries about substance use focus on severe addiction, *Screenagers Under the Influence* fills a pressing need for a film that explores more common scenarios. The film is grounded in teens' current reality of being flooded by images on social media, movies, and TV shows about vaping, drugs, and alcohol. The film is grounded in teens' current reality of being flooded by images on social media, movies, and TV shows about vaping, drugs, and alcohol. Watch the film for free with ECHO Coalition on Friday, December 15th from 12-1:30PM.



WHEN: Friday, December 15th
 TIME: 12PM-1:30PM
 WHERE: Bryan Arts and Education Center (325 West High Street)

Lunch provided.

RSVP at bit.ly/ScreenagersECHO

3rd Grade MyPlate Program



3rd grade MyPlate is back in session! The 3rd Grade MyPlate Program educates children about healthy nutrition habits to reduce childhood obesity and improve mental health. The program is implemented in 3rd grade classrooms and offers an invaluable opportunity for local 3rd-grade students to develop a comprehensive understanding of healthy eating and physical activity. The evidence-based program is designed to empower students with knowledge about the five food groups (fruit, vegetables, grains, protein, and dairy) and how to create balanced meals. Over the course of four sessions, students engage in interactive activities that enhance the curriculum being taught. Students also participate in a produce taste test to introduce them to new fruits and vegetables. Students also receive practical tools, such as plastic MyPlates, and a \$10 produce voucher, so they can continue making healthy choices at home. With an emphasis on nutrients, serving sizes, sugar content, and the relationship between diet and physical activity, the program equips students with essential skills for maintaining healthy habits they can use throughout their lives.



PHAB Reaccreditation Application Filed





To maintain accreditation status, health departments file to be evaluated against a set of national standards every 5-years. Since WCHD received accreditation in 2018, WCHD filed an application to submit for reaccreditation and will be working on submitting documents that show our programs and services meet national standards. Reaccreditation ensures that accredited health departments continue to evolve, improve, and advance their public health practice to serve their community.





Finding Balance in Healthy Holiday Cooking and Eating


The holiday season is a time for celebration, and that often includes indulging in some of our favorite foods. However, it's important to be mindful of our choices and ensure we're nourishing our bodies in the process. Here are some tips to help you achieve balance:


 **Focus on variety when planning your menu.** Aim to create dishes that offer a range of flavors and nutrients.


 **Be mindful of portion sizes.** Using smaller plates can help you manage portions and prevent overeating

 **Select dishes that are rich in nutrients,** such as colorful vegetables, lean proteins, whole grains, and healthy fats.

 **Create balanced plates** by thoughtfully dividing them into portions. Aim to fill half your plate with vegetables, one-quarter with lean protein, and the remaining quarter with grains or starchy sides.

 **Enjoy holiday treats mindfully.** Take the time to appreciate each bite and avoid mindless snacking throughout the day.

 **Stay active during the holiday season.** Whether it's sticking to your regular exercise routine or finding ways to move, physical activity can help counterbalance indulgent meals and leave you feeling your best.

 **Listen to your body's cues.** Eat when you're truly hungry and stop when you're full.

Check out [MyPlate.gov](https://www.myplate.gov) to find healthy holiday recipes to try with your family.



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/WCCCommunityTalkingPoints

For more information on WCHD programs and services, visit: williamscountyhealth.org


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Christmas Light Recycling



The Williams County Health Department will be collecting Christmas Lights to recycle in cooperation with WiltonKeck Recycling. Starting December 1st through January 31st you can drop your lights off at the WCHD's Montpelier office Monday through Friday from 8:30am to 4:30pm.

Questions? Call Shannon at 419-485-3141 ext. 109.



Customer Satisfaction Survey

At WCHD, we care about providing excellent service. Please take a moment to share your feedback about our programs and services.

Take our survey:

www.surveymonkey.com/r/WCHDServices



Talking Points Content Survey

What would you like to learn about in future Community Talking Points? Share your feedback by taking the following survey:

bit.ly/CTPInputSurvey

