

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

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## National Nutrition Month



In March, we observe National Nutrition Month, an annual event led by the Academy of Nutrition and Dietetics to highlight the importance of healthy eating habits. The initiative aims to raise awareness about how proper nutrition contributes to overall well-being. The campaign promotes a balanced diet with a variety of nutrient-rich foods. Here are some tips to celebrate National Nutrition Month:

### Plan ahead.

- Plan weekly meals ahead of time by writing out the ingredients you'll need for each meal. This will help you meet all five food groups and can double as a grocery list for easy shopping.

### Use MyPlate.

- Use [MyPlate.gov](https://www.myplate.gov) to create healthy, complete meals that cover all five groups.

### Create a colorful plate.

- Aim for a variety of colors on your plate by including different fruits and vegetables.

### Develop a daily hydration habit.

- Increase your water intake by carrying a reusable water bottle with you throughout the day.

### Start a healthy breakfast routine.

- Start your day with a balanced breakfast that includes protein, whole grains, and fruits or veggies.

### Practice mindful eating.

- Practice mindful eating by slowing down during meals. Listen to your body and don't worry about having a clean plate at the end of your meal.

### Dine without distractions.

- Set aside time to enjoy a meal without distractions like TV or electronic devices.

## New Health Commissioner: Oscar Hernandez III



Hello, I am Oscar Hernandez III and I am happy to be the next Williams County Health Commissioner. I was born and raised in the Pettisville area and was involved in many activities growing up in a small

town. I completed my undergrad in Biological Sciences at the University of Toledo in 2007 and my MBA at Bluffton University in 2017.

I began my career in Fulton County working as a Sanitarian and Emergency Response Coordinator followed by Director of Environmental Health in Defiance County. After 8 years of serving in the private sector at Meijer in Food Safety & Quality Compliance, I am excited to get back to my public health roots.

Jim Watkins, Health Commissioner, has been doing an excellent job introducing me to community stakeholders and showing me the amazing features Williams County has to offer. The Williams County Health Department is blessed with an amazingly talented group of leaders and I see an opportunity to further embolden relationships as I grow into my new role.

I would like to take the opportunity to further thank Jim for his many years of leadership that has contributed to the promotion and protection of public health in Williams County. He will be missed, however, we wish him health and happiness in the next chapter of his life.

## Tips to Make Vaccines Less Stressful for Children Source: CDC

Creating a positive vaccination experience for your child goes beyond the needle's moment. Preparation, effective communication, and post-shot care are crucial for fostering comfort for both parents and children.

### Do your research:

- Review vaccine details provided by your child's doctor. Visit [CDC's vaccines for parents website](#) for additional information.

### If you can, breastfeed:

- Breastfeeding is a great way to calm and relax your baby. Breastmilk's slight sweetness can help reduce pain during shots.

### Be honest and calm:

- Explain in simple terms what to expect using positive language. Use words like "pressure" or "poke" instead of "pain" or "shot."

### Bring your child's favorite things:

- Bring your child's favorite toys, blankets, or books for comfort.

### Distract your child:

- Call your child's name, sing their favorite song, or tell a story right before the shot. Continue the distraction during and after the vaccine is administered.

### Big kids need support too:

- Take deep breaths with older children to help them cope with pain. Create distractions with stories or interesting observations in the room.

### Care after the shot:

- Calm young infants by swaddling them. Provide hugs, cuddles, and soft whispers to soothe older babies. Expect mild reactions like pain or swelling; contact your doctor if concerns arise.



## Program Spotlight: Handle with Care



The Handle With Care Program is a state-wide initiative that aims to ensure that children who experience or witness tragic events get the support they need at school. Ohio Handle With Care is trauma-informed and aims for students to have opportunities to build resilience through positive relationships with teachers and first responders.

Teachers have been trained on the impact of trauma on learning and are incorporating many interventions to mitigate the negative impact of trauma for identified students.

Police and other first responders are trained to identify children at the scene, find out where they go to school and send the school a confidential email or fax that simply says, "Handle with care". That's it. No other details.

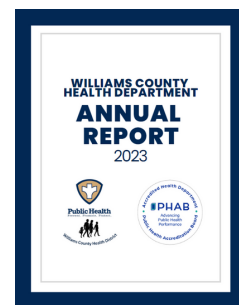
This concept is like handling a package labeled "handle with care" or "fragile" without knowing its contents. Would we shake it vigorously and forcefully open it, or would we handle it with care and open it gently? Not asking questions is like not shaking the box.

For more information or questions about the process, email [sara.casper@williamscountyhealth.org](mailto:sara.casper@williamscountyhealth.org) or call 419-485-3141 ext. 110.

## 2023 Annual Report Released

WCHD released its 2023 annual report. The purpose of an annual report is to inform the public about the department's programs and to provide an overview of relevant financial and performance data. We also use the annual report to track program outcomes and health priorities.

The report can be found on the WCHD's website at [bit.ly/WCHD2023AR](http://bit.ly/WCHD2023AR).



## Change Your Clocks & Other Semi-Annual Safety Updates

As you change your clocks forward on March 10th, get into the habit of also performing a few other tasks to enhance safety in your home:

- **Replace batteries in smoke and carbon monoxide alarms.** Swap out smoke alarms older than ten years and CO alarms older than 5 years.
- **Create and maintain a disaster supply kit** (water, food, flashlights, batteries, blankets).
- **Assemble a car emergency kit.** Update your general car emergency kit with cold-weather gear each fall.
- **Regularly check home storage** for hazardous materials and discard outdated items.
- **Check and dispose of expired medications.** Use a Deterra Pouch or contact your local police dept.
- **Check the expiration date and condition of your fire extinguishers.**

## Colorectal Cancer Awareness Month



March is Colorectal (Colon) Cancer Awareness month. Did you know that colon cancer is the third leading diagnosis of cancer in Williams County for both men and women (2017-2021)? Between 2016 and 2020, colon cancer was the 2nd leading cause of cancer deaths in Williams County.

What can you do to reduce your risk of colon cancer?

- **Diet** - A diet low in animal fats and high in fruits, vegetables, and whole grains may reduce the risk.
- **Limit alcohol consumption** - The more you drink, the higher your cancer risk.

- **Increase physical activity** - Maintaining a healthy weight can reduce your risk of cancer.
- **Avoid tobacco** - Tobacco use can cause cancer almost anywhere in your body.
- **Screenings** - For colorectal cancer, screenings can help prevent colon and rectal cancers by detecting precancerous lesions that can be removed. It is recommended that if you are 45 years or older or have an increased risk of colon cancer, that you should talk to your healthcare provider about when to begin screening, what test may be right for you, and how often to get tested.

How much do you know about colorectal cancer? Take this free quiz to test your knowledge and learn more: [bit.ly/2lzqUhG](https://bit.ly/2lzqUhG)

## 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](https://www.surveymonkey.com/r/WCHDServices)

 [www.surveymonkey.com/r/WCHDServices](https://www.surveymonkey.com/r/WCHDServices) X

## 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](https://bit.ly/CTPInputSurvey)



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](https://bit.ly/WCCCommunityTalkingPoints)

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

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