

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

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WIC 50 Year Anniversary



This year, we're celebrating 50 years of WIC, a program that helps families with food and nutrition. Since its inception in 1974, WIC has been a cornerstone of support for millions of families across the United States, providing access to healthy food, nutrition education, and breastfeeding guidance. In Williams County, WIC has been around for 42 of those years, helping lots of families along the way.

In 2023, WIC served around 699 people including pregnant moms, babies, and kids under age 5 with nutrition education and healthy food options. WIC also gives out breast pumps to help moms who want to breastfeed. They give out about 40 breast pumps per year, showing how much they care about supporting breastfeeding moms. In fact, more than half of the WIC families in Williams County choose to breastfeed. WIC also helps families get fresh fruits and veggies from local farmers' markets. Last year, they gave out \$2,400 worth of coupons for families to use at these markets.



Looking ahead, WIC remains committed to its mission of promoting the health and well-being of women, infants, and children. [Check out our website to learn more.](#)

Staff Spotlight: Rachel Aeschliman



Introducing Rachel Aeschliman, our dedicated Director of Nursing who has been a vital part of WCHD for 10 years.

Her journey into public health began in college. While studying nursing, a Community Health class changed her perspective. She was assigned to a family where the father had suffered vision loss from a workplace accident, impacting the entire family. Rachel realized that many health issues could be prevented and decided to focus on making communities healthier and safer to prevent illness. Rachel holds a Bachelor in Nursing and a Master in Public Health, with rich life experience from growing up in Northwest Ohio.

Rachel's favorite part of her job is engaging with the community, hearing their stories, and participating in projects that ensure children have healthy opportunities. Currently, Rachel is collaborating with the Four County ADAMhs Board and local healthcare providers to enhance mental health support and improve cancer prevention in the community.

Originally from Pettisville, OH, Rachel enjoys playing backyard games of baseball and basketball with her nephews. In Williams County, Rachel loves visiting coffee shops, riding her bike, and exploring county parks. Motivated by the belief that everyone in the community deserves opportunities for a healthy life, Rachel is dedicated to her role at the health department, striving to make a positive impact every day.

Stay tuned to meet more of the dedicated individuals working to improve public health in Williams County!

Program Spotlight: Campgrounds & Pools



Environmental health inspections of campgrounds and pools are conducted to ensure that these facilities are safe, sanitary, and comply with health regulations to keep us safe. Here's an overview of what typically happens during inspections:

Site Sanitation and Cleanliness

- Inspect the overall cleanliness of the site, including waste management, trash disposal, and absence of pests.

Water Supply and Quality

- Water undergoes testing for contaminants and disinfection levels, ensuring compliance with drinking water standards, and pH level checks.

Sewage and Wastewater Management

- Examine septic systems and disposal methods for proper maintenance and health safety.

Restrooms and Shower Facilities

- Inspected for cleanliness, ventilation, and availability of hot/cold water, soap, and hand-drying equipment.

Recreational Areas and Equipment

- Check for safety hazards and the cleanliness of playgrounds, sports fields, and equipment.

Safety Equipment Check

- Inspect life-saving equipment, warning signs, and fencing/gates for child safety.

Physical Structure Examination

- Assess deck conditions looking for cracks or slippery surfaces. Pool liners/surfaces are also checked for damage as well as the security of ladders and handrails.
- Filtration and pump systems, chemical feeders, and heaters are checked for proper operation.

Documentation and Records Review

- Records are reviewed to ensure proper maintenance and operation of the pool. This includes chemic logs, maintenance logs, and incident reports.



Lead Report

Lead poisoning is a serious issue that can harm children's health. WCHD recently published a report on lead poisoning in young children in the county.

What is Lead Poisoning?

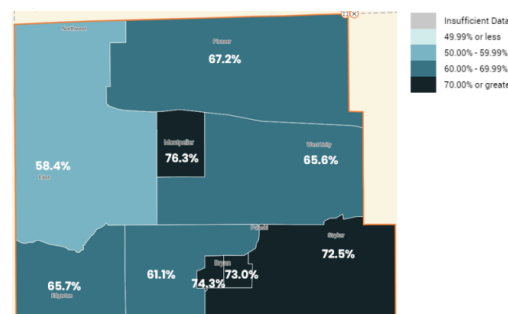
Lead poisoning happens when a person is exposed to too much lead. Even small amounts of lead can cause problems with learning, behavior, and development. There is no safe level of lead in a child's body.

Key Findings from the Report:

- Children under 6 years old are most vulnerable to lead's harmful effects.
- From 2018 to 2022, the number of children who tested at 5-<10µg/dL (low) decreased, while the number of children who tested at 10-<45µg/dL (elevated) increased. Very high blood lead levels at 45+ µg/dL remained the same from 2018-2022.
- Houses built before 1978 and low-income households pose the greatest risk for lead exposure.
- The Montpelier area had the highest percentage of houses built in 1979 or before with 76.3% and Edon area had the lowest percentage with 58.4%. East and West Bryan both had nearly 75% of houses built in 1979 or before.

The map below shows the estimated percentage of all housing units built in 1979 or before, as of 2017-2021 in Williams County.

**Click to
see a
larger
map**



What Can We Do?

- The most effective preventative measures against lead poisoning are to remove lead hazards from the environment before a child is exposed.
- Take steps to reduce lead exposure, such as regular cleaning, home inspections/renovating safely, and providing a healthy diet rich in calcium and iron.

Learn about more prevention tips and resources in the report: bit.ly/WCLeadReport

Screen Time & Setting Boundaries



Technology has many benefits, including staying connected to loved ones and sometimes being educational. However, overusing screens has been linked to obesity, behavior problems, attention problems, and speech and social skill delays.

Children younger than 2 are more likely to learn *without* screens and instead through interacting with parents, siblings, and other friends and family. Some screen time, when watched as a family, can be beneficial after the age of two.

Establishing clear rules, like tech-free zones and screen time limits, can help your child learn and grow along with technology!

Hazardous Waste Recycling Event



WCHD is partnering with Edon Farmers Co-Op and ERG Environmental Services to host a hazardous waste recycling event on June 12, 2-6pm. The event will be at 11-713 County Rd 13, Montpelier, OH. First come, first served.

Accepted Items: Corrosives, Misc. cleaners & toxics, Batteries (mixed household), Fluorescent lamps, PCB ballast, Lithium batteries, Aerosols, Automotive fluids, Solvents/flammable oil based paint, Clean sweep Pesticides, Reactive/oxidizers.

Not Accepted: Fire extinguishers, Prescription drugs, Smoke detectors, Mercury latex paint, Propane tanks.

Learn more: bit.ly/WCHDRecycle

Heat Stroke & Car Safety



As the weather starts heating up, so do our cars. Cars heat up quickly - about 19 degrees in just 10 minutes. Most of us know to ***never leave a child alone in a car***, even for a minute, but accidents can happen. Every 10 days, a child dies from heatstroke in a vehicle. Caregivers forgot the child was in the car for over half of those deaths.

We can reduce the number of deaths from heatstroke by remembering to **ACT**:

Avoid heatstroke injury and death by never leaving children in a car and making sure vehicles stay locked so kids can't get in there on their own.

Create reminders by placing your phone, briefcase, or purse in the backseat to have an extra reminder that your child is in the car.

Take action by calling 911 if you see a child alone in a car.

For more information about preventing heatstroke and other child passenger safety tips, visit safekids.org.



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



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

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

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