

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

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February is Heart Month



In Williams County, heart disease is the leading cause of death. Use these strategies to lower your heart disease risk while also preventing other serious chronic conditions like type 2 diabetes and some kinds of cancer.

Heart Healthy Tips:

Learn your health history:



- Know your risks and talk to your healthcare provider about your health history.

Eat a healthy diet:



- Make healthy food choices like more fruits, vegetables, whole grains, lean meats, and low-fat dairy products. Eat less salt, saturated fat, and added sugar.
- Visit myplate.gov to learn more or find healthy recipes and tips.

Move more, sit less:



- Get at least 150 minutes of moderate-intensity aerobic activity every week, plus muscle strengthening activities at least 2 days a week.

Quit smoking:



- Call 1-800-QUIT-NOW or visit smokefree.gov for free help and take the first step on your journey to quit.

Take medicines as directed:



- If you take medicine to treat high cholesterol, high blood pressure, or diabetes, follow your doctor's instructions carefully.

Choose your drinks wisely:



- Substitute water for sugary drinks to reduce calories. If you drink alcohol, do so in moderation.

Staff Spotlight: Kathy Lamberson



Kathy Lamberson has been a vital part of the Williams County Health Department for 2 ½ years.

As the first person many people interact with during their visit or call, Kathy takes pride in setting a positive and welcoming tone for their experience.

A Bryan, Ohio native now living in Angola, Indiana, Kathy graduated from Bryan High School, earned a Bachelor of Science degree from Heidelberg College, and pursued her teaching degree at Defiance College.

Kathy enjoys spending time with family and friends, attending and watching sporting events, shopping, crafting, golfing, and traveling to sunny destinations. Hiking is a favorite for Kathy—she's already explored Waimea Canyon State Park in Kauai, Hawaii, and looks forward to tackling more of Kauai's scenic trails.

Kathy describes herself as loyal, outgoing, and trustworthy. One of her most unique accomplishments is being the first Bryan High School basketball player, male or female, to score 1,000 points—a milestone her daughter Kennedy also achieved, making them one of the rare mother-daughter duos to do so in Ohio at the same high school.

Kathy finds inspiration in the words, "Life is 10% what happens to you and 90% how you react to it" by Charles Swindoll. This reflects her determination and positivity in both her personal and professional life.

We're grateful for Kathy's contributions to the health department and the community.

Ordering a Birth Certificate

The Williams County Health Department maintains birth and death records that have occurred in the county since 1909. Our Vital Statistics office is able to issue birth and death certificates - see the below guidelines for more!

- WCHD can issue **certified birth certificates** to anyone **born in the state of Ohio**.
- WCHD can issue **certified death certificates** for **deaths that occurred in Williams County**.
- **Birth and death certificates cost \$25** per copy ordered at our office
- To apply in-person, visit our Montpelier office at 310 Lincoln Avenue to **receive a certificate the same day**.
- WCHD accepts **cash, check, or money order** for same-day service.
- **Mail orders are accepted and cost \$25**. Two-day and next-day delivery are available at an increased price.

Birth and death certificates can also be ordered online with VitalChek. VitalCheck does charge a service fee.



Interested in ordering a birth or death certificate? Visit <https://bit.ly/BandDCerts> or call us at (419) 485-3141.

Children's Dental Health Month

February is National Children's Dental Health Month, a time to emphasize the importance of oral health for children. This month-long observance helps raise awareness about the significance of pediatric dental care and provides helpful tips for parents to maintain their child's smile.

When should my child first see a dentist?

The American Association of Pediatric Dentists recommends that parents establish a dental visit by the time their child gets their first tooth or turns one. During this early visit, the dentist will check your child's gums and first teeth, answer any questions, and provide guidance for your baby's oral development.



Oral Health Tips for Kids:

1. **Schedule Check-ups:** Schedule a dental visit if it's been more than six months since the last one.
2. **Clean Gums:** Gently wipe baby's gums with a damp washcloth after feedings.
3. **Brush with First Tooth:** Begin brushing with a small amount of fluoride toothpaste as soon as the first tooth appears.
4. **Brush Twice a Day:** For kids 2-6, use a small amount of fluoride toothpaste and supervise brushing.
5. **Floss When Teeth Touch:** Once teeth touch, begin flossing between them.
6. **Snack Healthy:** Choose calcium-rich snacks like cheese, and avoid sugary treats.
7. **Stay Hydrated:** Water helps rinse away sugar and prevents cavities.
8. **Replace Toothbrushes:** Change toothbrush every 3-4 months.

Source: Children's Dental Health

To assist families, educators, and organizations in promoting healthy dental habits, a wide range of free resources are available. The [American Dental Association \(ADA\)](#) offers downloadable materials designed to make learning about oral health fun and engaging for children. These resources are not only educational but also designed to be accessible for everyone.

Regional Substance Use Breakfast

The third annual Regional Substance Use Prevention Breakfast is a vital event for anyone committed to combating substance abuse and promoting prevention strategies in our communities.

Date: Thursday, February 27, 2025

Time: 7:30 AM - 11:30 AM

Location: Educational Service Center,
205 Nolan Parkway, Archbold, OH 43502



Registration Link: <https://bit.ly/RSUPB2025>

Registration Deadline: February 13, 2025

Healthy Relationships for Teens

Adolescence is a critical period for forming relationships that shape identity and emotional growth, teaching important social skills and resilience.



Healthy relationships are built on trust, respect, and communication, while unhealthy ones often involve power imbalances, poor communication, and sometimes harm.

Positive dating experiences help teens develop emotional maturity, while friendships offer support and teach valuable skills such as conflict resolution and communication.



Although teens seek greater independence, they still rely on their parents for emotional support and guidance. Open conversations about relationships are essential for guiding them toward healthy interactions.

To facilitate these discussions:

1. Create a safe space for them to express themselves.
2. Listen actively without judgment.
3. Ask open-ended questions to encourage deeper reflection.
4. Respect their growing independence.
5. Talk about the importance of healthy boundaries.
6. Address any red flags they may encounter
7. Be Supportive in a non-overbearing way.

WIC Breastfeeding Support

Did you know anyone in the community, regardless of income, can take advantage of Breastfeeding Support through Women, Infants, & Children (WIC)? WIC provides breastfeeding education to every pregnant woman. We have a certified lactation consultant and a peer counselor on staff who can help you one-on-one with questions, strategies to support breastfeeding, and connection with resources.

WIC also has breastfeeding support videos available on the Williams County Health Department website - click here for more! <https://bit.ly/WICServices>



Department of Health

Women, Infants, and Children Program (WIC)

For more information about the WIC program or to make an appointment, call us at (419) 485-3141.

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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