


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


What's in This Month's Issue:


- National Public Health Week
- Staff Spotlight: Tammy Riegsecker
- Environmental Education Week
- Infant Immunization Week
- Community Baby Shower
- Stress Awareness Month
- Alcohol Awareness Month
- Customer Satisfaction Survey


National Public Health Week

April 7-13 was National Public Health Week! Each April, the American Public Health Association comes together to celebrate and recognize public health contributions. Public Health starts with each of us making a difference in our homes and communities. It's how the places we live, work, and play affect our well-being. On the 30th anniversary of National Public Health Week, let's celebrate the successes the field of public health has achieved:

Vaccine Preventable Diseases: Global immunization efforts have saved an estimated 154 million lives over the past 50 years - the vast majority being infants. 

Motor Vehicle Safety: The death and injury rates from traveling in a vehicle have been declining thanks to seat belt laws, safer roadways, and child safety seat legislation. 

Cancer Prevention: Cancer screening rates have improved, leading to a decrease in disparities and overall cancer rates, including breast and colon. 

Childhood Lead Poisoning Prevention: Policies around lead poisoning prevention and lead hazards in housing has led to a steep decline in children with elevated blood levels. 

The Williams County Health Department is proud to continue advancing these efforts locally, remaining dedicated to protecting and improving the health and well-being of our community every day.

Staff Spotlight: Tammy Riegsecker



For nearly 5 years, Tammy Riegsecker has been a dedicated Public Health Nurse at the WCHD.

She plays a vital role in tracking infectious diseases, assisting with immunizations, and supporting programs like Complex Medical Help program, Narcan program, and the Lead program.

Tammy transitioned into public health after years in a hospital setting, wanting to explore the prevention side of healthcare. She finds fulfillment in using her skills to help others and enjoys collaborating with schools, healthcare providers, and community organizations. Her passion for promoting health and seeing real results in the community keeps her motivated every day.

Tammy earned her Associate RN license in 1994 and later obtained her Bachelor of Science in Nursing in 2012. Originally from Archbold, she moved to Indiana in 2020 but remains committed to serving Williams County.

Outside of work, Tammy loves the outdoors—boating, pickleball, hiking, and beach walks—and cherishes time with her husband, 4 children, and soon-to-be 4 grandchildren.

Her top health tip? Make sleep a priority. "Sleep is vital for a healthy body, mind, and soul. It's a time to repair and restore, and a lack of sleep increases the risk for many diseases."

We're grateful for Tammy's dedication to public health and the Williams County community. Stay tuned to meet more of our amazing team!

Infant Immunization Week



National Infant Immunization Week (NIIW) is April 21–28. This annual observance emphasizes the importance of protecting infants and young children from vaccine-preventable diseases. The Centers for Disease Control and Prevention (CDC) recommends that children stay on track with their routine vaccinations to ensure protection against potentially life-threatening diseases.

The first few months and years of a baby's life are crucial for their growth and development. Immunizations provide an essential layer of protection by helping the body build defenses early on, before babies are exposed to harmful infections. Vaccines are one of the most effective ways to ensure that babies are safeguarded from illness. Keeping up with immunizations on schedule is not just a personal decision, but a community one, as it helps reduce the spread of vaccine-preventable diseases and protect those who cannot be vaccinated.

Vaccinations...

Prevent Deadly Diseases

Vaccines protect against diseases like measles, whooping cough, and polio—illnesses that can cause severe complications or death in infants.

Protect Communities

When most people are vaccinated, it helps protect those who cannot be vaccinated, such as individuals with weakened immune systems.

Reduces Healthcare Costs

Preventing diseases through immunization is far more cost-effective than treating outbreaks, hospitalizations, and long-term complications.

Ensures Healthy Development

Vaccinated children are less likely to suffer from preventable diseases, allowing them to grow and develop without unnecessary health setbacks.

Prepares for Future Outbreaks

Keeping immunization rates high prevents the resurgence of diseases that have been controlled or eliminated in many regions.

Call WCHD at 419-485-3141 to set up an immunization appointment today!

Environmental Education Week



April 21–27 is Environmental Education Week!

At the Williams County Health Department, we're highlighting the vital role our Environmental Health team plays in protecting the well-being of our community. A clean, safe environment is essential for public health—and we're proud to be part of that work every day.

Here are just a few ways our Environmental Health Division serves Williams County:

Food Safety: We inspect restaurants, grocery stores, food trucks, and events to make sure food is stored, prepared, and served safely.

Water Quality: Our team monitors private wells to ensure residents have access to safe drinking water.

Sewage and Plumbing: We oversee the installation and repair of household sewage systems and issue plumbing permits.

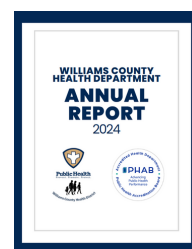
Public Facility Inspections: From public swimming pools and campgrounds to tattoo shops and manufactured home parks, we help keep shared spaces safe and compliant.



Environmental health is public health—and we're here to protect both.

2025 Annual Report

WCHD released its 2024 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.

Stress Awareness Month



April is National Stress Awareness Month! Stress is a normal part of life, but chronic stress can harm your health. It's essential to manage stress daily to prevent long-term effects like heart disease, high blood pressure, and diabetes.



How to Handle Stress:

1. Take Care of Your Mind

- Take breaks from negative news and social media.
- Practice relaxation techniques like deep breathing, stretching, or meditation.
- Spend time outdoors, whether active or relaxing.
- Keep a gratitude journal to stay positive.

2. Connect with Others

- Talk to friends, family, or a professional about your stress.
- Join community or faith-based groups for support.

3. Take Care of Your Body

- Get 7+ hours of sleep each night for better stress management.
- Get moving! Even small physical activities help reduce stress.
- Eat healthy: focus on fruits, vegetables, and lean proteins.
- Limit alcohol, avoid smoking, and use substances in moderation.

Take Action Today!

By taking small steps to manage stress, you can improve your overall well-being. Let's focus on caring for our minds and bodies!

Alcohol Awareness Month

Learn about alcohol misuse & underage drinking:

Alcohol misuse causes over 178,000 deaths annually, and 39% of high school students in Williams County have tried alcohol. Early exposure disrupts brain development, so this month, learn about the risks, long-term health impacts, and talk to your kids about waiting until they're older.

Educate yourself and others

Check out NIAAA's free resources, like [Facts About Teen Drinking](#) and [Alcohol and Your Brain](#)

Support underage drinking prevention

Join efforts like the ECHO Coalition's "Parents Who Host Lose the Most" campaign to educate others and set a positive example.



Get involved in your community

Use Alcohol Awareness Month to share resources and promote healthier choices. Visit [NIAAA](#) or local organizations like the [ECHO Coalition](#) for more info.

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

Main Office
310 Lincoln Ave.
Montpelier, Ohio 43543
Phone: 419-485-3141
Fax: 419-485-5420

WIC Satellite Office
1399 East High Street
Bryan, Ohio 43506
Phone: 419-636-8754
Fax: 419-636-8107

Follow us:



[@WilliamsCoHD](#)



[@WilliamsCoHD](#)



[@WilliamsCoHD](#)