

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

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Drug and Alcohol Fact Week

In Williams County, substance misuse is a growing concern, especially among youth. During National Drug and Alcohol Facts Week (NDAFW), the ECHO Coalition housed at the Williams County Health Department provides resources and strategies to raise awareness and prevent drug and alcohol misuse. By engaging with young people, parents, and community members, we aim to provide the facts and resources needed to combat substance use. Use these strategies to help protect your health and prevent the risks associated with drug and alcohol use:

Start the conversation 🗣️: It's important to have open discussions about drug and alcohol use with teens. Encourage teens to ask questions and provide them with the information they need to make informed choices.

Learn the science 🧬: Understanding how drugs and alcohol affect the brain and body is crucial. Educating yourself and your family on the science behind substance use can help prevent misconceptions and foster healthier decisions.

Promote healthy coping skills 💪: Encourage teens to develop healthy coping strategies for stress, anxiety, and peer pressure. Activities like exercise 🏃, engaging in creative hobbies 🎨, and talking to trusted adults can help build resilience and reduce the temptation to turn to substances.

Access support when needed 🤝: If you or someone you know is struggling with substance use, reach out for help. 988 Suicide & Crisis Lifeline

Staff Spotlight: Brittany Spotts



Since 2021, Brittany Spotts has been an essential member of WCHD.

She has since taken on roles as an Environmental Health Technician and Grief Recovery Method Specialist. In her current position, Brittany is responsible for data entry, mapping septic systems in Fetch, answering operation and maintenance questions, and occasionally running grief recovery programs.

Brittany's journey into public health started when she volunteered at vaccine clinics, inspired by Mr. Rogers' advice to "look for the helpers." That same motivation drives her today as she continues to help wherever she's needed.

Originally from Pennsylvania, Brittany started her career as a dental hygienist before transitioning to environmental health. She then pursued a bachelor's degree, which she will soon complete, allowing her to become an Environmental Health Specialist-in-Training. She is especially excited about the capabilities of Fetch and how it enhances the department's work.

Outside of work, Brittany loves hiking, traveling, and watching her kids explore new experiences. If she could have any superpower, she'd choose teleportation—there's so much to see in the world and never enough time or money! Her favorite health tip? "Brush your teeth twice a day for two minutes and don't forget to floss. Take care of your teeth, and you'll enjoy a healthier life."

We're grateful for Brittany's dedication and versatility in serving Williams County.

Time Change Adjustments



As you change your clocks forward on March 9th, get into the habit of also performing a few other tasks to enhance safety in your home:

Replace Batteries in Alarms:

Swap out smoke alarms older than ten years and CO alarms older than 5 years.

Create a Disaster Supply Kit:

Assemble a kit with essentials like water, non-perishable food, flashlights, and blankets.

Prepare a Car Emergency Kit:

Update your car emergency kit with winter gear.

Check for Hazardous Materials:

Inspect for and safely dispose of outdated hazardous materials.

Discard Expired Medications:

Dispose of expired medications using a Detera pouch or local police guidance.

Inspect Fire Extinguishers:

Check the expiration date and condition of your fire extinguishers.



March is Nutrition Month

In March, we celebrate National Nutrition Month, an annual event organized by the Academy of Nutrition and Dietetics. This initiative highlights the importance of healthy eating habits and aims to raise awareness about how proper nutrition contributes to overall well-being. The campaign encourages a balanced diet that includes a variety of nutrient-rich foods.

Here are some tips to celebrate National Nutrition Month:

Practice Balance, Not Perfection



A healthy diet is about balance, not restriction. Allow yourself to enjoy treats in moderation while focusing on nourishing your body with wholesome foods.

Read Nutrition Labels

Check food labels for added sugars, sodium, and unhealthy fats. Opt for foods with natural ingredients and fewer preservatives.



Cook More Meals at Home

Preparing meals at home allows you to control ingredients and portion sizes while also saving money. Try new recipes to make healthy eating exciting!



Incorporate More Whole Foods

Opt for whole grains, fresh produce, lean proteins, and healthy fats instead of processed foods to nourish your body with essential nutrients.



Stay Hydrated Throughout the Day

Carry a reusable water bottle and sip water regularly. If plain water isn't your favorite, try infusing it with fresh fruit or herbs for a refreshing twist.



Start Your Day with a Nutritious Breakfast

Fuel your body with a breakfast that includes lean protein, whole grains, and fruits or vegetables to keep you energized throughout the morning.



Use MyPlate as a Guide

Visit [MyPlate.gov](https://www.myplate.gov) to build nutritious meals that incorporate the right balance of fruits, vegetables, grains, protein, and dairy.

WCHD 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.

Be Safe this St. Patrick's Day



St. Patrick's Day celebrations can be enjoyable, but they also come with health and safety risks. By taking proactive steps to prioritize health and safety, everyone can fully enjoy the spirit of St. Patrick's Day while minimizing potential dangers.



Drinking Safety-

Eat Before & After Drinking: Helps slow alcohol absorption and prevents hangovers.

Don't Drink & Drive: Arrange a designated driver, use rideshares, or take public transportation.

Stay Hydrated: Alcohol dehydrates you—drink water in between alcoholic beverages. Alternate alcoholic drinks with water and pace your intake to avoid overconsumption.

Know Your Limits: Excessive drinking increases the risk of accidents and health issues. Be mindful of your alcohol tolerance.

Avoid Drinking from Unattended Cups: Prevent drink tampering by keeping an eye on your beverage.



General Safety-

Dress for the Weather: March weather can be unpredictable—wear layers if needed.

Stay with a Group: Stick with friends and have a plan if someone gets separated.

Charge Your Phone: Keep your phone fully charged in case of an emergency.

Be Aware of Your Surroundings: Large crowds can pose risks, so know exit routes and avoid overly rowdy areas.

Walk Safely: If walking, use crosswalks and stay on well-lit paths.



Poison Prevention Week



Poison Prevention Week is an annual event, observed during the third full week of March, to raise awareness about preventing accidental poisonings and promoting safety measures.

Safe Storage of Hazardous Substances

Keep medications, cleaning supplies, pesticides, and chemicals in locked cabinets or out of children's reach.

Store household products in their original containers with labels intact.

Dispose of expired or unused medications safely.

Emergency Preparedness

Save the **Poison Help hotline (1-800-222-1222)** in your phone.

If poisoning is suspected, do not induce vomiting unless instructed by a professional.

Seek immediate medical help for chemical exposure, severe allergic reactions, or if someone is unconscious.

Install carbon monoxide detectors near sleeping areas.

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

Sign Up

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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