

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

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Heatstroke Prevention



Every year, children across the country suffer serious injury—or worse—after being left in hot cars. It can happen faster than most people realize: within just 10 minutes, a car's interior can rise by 20 degrees, even with the windows cracked. On a warm day, this can quickly become fatal. Children's bodies heat up 3 to 5 times faster than adults, making them especially vulnerable to heatstroke. In a parked car, temperatures can exceed 120°F in minutes, even when it feels mild outside. Heatstroke can cause permanent brain damage or death before help arrives. Many cases happen when a parent or caregiver is distracted, rushed, or experiencing a change in routine.

Heatstroke Prevention Tips

- Always check the back seat before locking and leaving your car—create the habit: "Look Before You Lock."
- Place a reminder item (like a bag, phone, or shoe) in the back seat.
- Ask your child's caregiver to call if your child doesn't arrive as expected.
- Keep cars locked at all times when not in use to prevent children from climbing inside.
- Teach kids that cars are not play areas.

If You See a Child Alone in a Car

- Call 911 immediately.
- If the child appears unresponsive or in distress, act quickly—bystander intervention can save a life.

Stay Aware. Speak Up. Save a Life.

Heatstroke is 100% preventable. With increased awareness, community support, and daily safety habits, we can protect children from this silent and tragic danger.

Staff Spotlight: Roberta Dye



Roberta Dye has faithfully served as WIC Support Staff at the WCHD for nearly 20 years. In her part-time role, she supports mothers and children through WIC by verifying eligibility, preparing charts, loading food benefits, and more.

Roberta's favorite part of the job is connecting with families and offering support and education that helps them thrive. "There are days when I know the WIC staff has made a real difference in someone's life," she says. She also values the teamwork and camaraderie among departments.

Her journey in public health started when she re-entered the workforce after being a stay-at-home mom. With her background in public service retirement, the WIC position was a great fit. Nearly two decades later, she remains passionate about helping others live healthy lifestyles.

Roberta is a lifelong Montpelier resident and a graduate of Montpelier High School. She earned an Associate Degree from Northwest State Community College and has completed breastfeeding training through WIC. Roberta enjoys biking, hiking, walking, and practicing yoga. She's deeply rooted in her faith and local church community and loves spending time with her children, their spouses, and her 4 grandsons. Travel is also a passion—she's visited the Caribbean and has her sights set on Alaska and Hawaii. A talented pianist and singer, she looks forward to retirement where she hopes to expand her volunteer efforts in local schools and with LifeWise Academy.

Her favorite health tip? "Stay active—mind, body, and spirit! If you don't use it, you'll lose it!"

Immunization Clinics



People want to do everything possible to stay healthy and protected from preventable diseases, and vaccination is the best way to do that.

The WCHD offers vaccines for all ages, including Hepatitis A & B, DTaP, Tdap, HPV, Polio, HIB, MMR, Pneumococcal, Varicella, Rotavirus, Meningococcal (ACWY & B), Shingles, RSV, Influenza, and COVID-19.

Vaccination clinics are held by appointment at our Bryan and Montpelier locations:

Bryan Clinic (Thursdays): 1:00–3:45 p.m., with extended hours of 9:30 a.m.–3:45 p.m. from July 17–September 18, and special hours of 9:30 a.m.–5:30 p.m. on August 7 and September 4.

Montpelier Clinic (Tuesdays): 9:00 a.m.–4:15 p.m., with extended hours of 9:00 a.m.–5:30 p.m. on August 12 and September 9.

Families with private insurance, Medicaid, or no insurance are welcome, and no one will be turned away due to inability to pay. To schedule an appointment, call 419-485-3141 or book online at

<https://www.williamscountyhealth.org>



Healthy Vision Month



When we talk about public health, we often think of vaccines, clean water, and preventing chronic disease—but eye health is a crucial part of the picture, too. Just like your heart, lungs, and other organs, your eyes need regular care and attention to stay healthy and strong.

One of the best things you can do for your eye health is painless and straightforward: a dilated eye exam. Many serious eye diseases—like glaucoma, diabetic retinopathy, and macular degeneration—don't have symptoms in their early stages. A dilated eye exam is often the only way to detect these conditions before they cause permanent vision loss. Early detection can save your sight.

Are You at Risk?

Understanding your risk can help you take steps to protect your vision. You may be at higher risk if you:

- Are over age 60
- Are overweight or obese
- Have a family history of eye diseases (like glaucoma or macular degeneration)
- Are African American, Hispanic, or Native American
- Have health conditions like diabetes or high blood pressure

If you fall into any of these groups, talk to your doctor or an eye care provider. Early detection and lifestyle changes can make a big difference. Good overall health supports good vision. Healthy habits can lower your risk of diseases that affect your eyes.

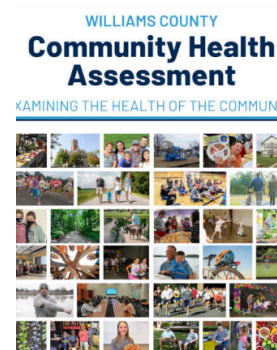


Try to:

- Eat a healthy diet: Focus on leafy greens (like spinach, kale, and collard greens) and fish rich in omega-3 fatty acids (like salmon and tuna).
- Stay active: Regular physical activity helps control blood pressure, blood sugar, and cholesterol.
- Quit smoking: Smoking increases your risk for cataracts, macular degeneration, and optic nerve damage.

2025 Community Health Assessment

This August, our health department will be conducting the Community Health Assessment to gather input on the health needs and priorities of our county. Surveys will be mailed to a random selection of residents, but everyone will have the opportunity to participate online as well. Your voice matters—this information helps guide programs, services, and funding decisions that directly impact our community. Stay tuned for more details on how to get involved!



Plastic Free Month



Plastic Free July is the perfect time to reduce single-use plastics and make choices that are better for your health and the planet.

Easy Ways to Cut Back on Plastic



- Bring reusable bags when shopping
- Use refillable water bottles and food containers
- Skip plastic straws and utensils—carry your own
- Choose items with less packaging

Why It Matters for Your Health

Some plastics can leach harmful chemicals into food and drinks. Choosing safer alternatives like glass or stainless steel helps protect your health—especially for kids.

Recycling Smarter

- Rinse containers before recycling
- Know what's accepted locally
- Avoid "wish-cycling" (recycling non-recyclables)
- Use drop-off locations for bags, batteries, and more

Make It a Family or Community Effort

Talk with your kids about how plastic affects wildlife and the environment. Set goals as a family, like packing zero-waste lunches or picking up litter during a walk.

Encourage neighbors or coworkers to join the challenge, and share ideas to inspire others.



Make a Difference

Even one small change can reduce waste and pollution. Join the Plastic Free July challenge and see how many items you can skip.

Disability Pride Month



July is Disability Pride Month, a time to celebrate the strength, resilience, and diversity of the disability community while honoring the history and culture of people with disabilities. As a health department, we recognize that health equity includes accessibility and inclusion for all.

One way we support families is through the Children with Medical Handicaps Program (CMH), a program of the Ohio Department of Health. CMH connects families of children with special health care needs to a network of quality providers and helps families obtain payment for needed services. WCHD partner with families at no cost to help identify eligible children, complete CMH paperwork, locate approved providers, and make referrals to doctors, pharmacies, and other services.

If you would like more information, please call and ask to speak with a CMH nurse at 419-485-3141. Together, we can help build a healthier, more inclusive community.

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

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

WIC Satellite Office
1010 E. Wilson St.
Bryan, Ohio 43506
Phone: 419-636-8754
WIC Services Only

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