

MAY - JUNE 2017



# PUBLIC HEALTH NEWS

Wyandot County Public Health

## PARENTS, PREPARE & PROTECT.

Your graduate will soon head off to college and will be making many life decisions on their own. Before they leave, take the time to talk to your young adult about decisions regarding their health.

Most colleges require up-to-date vaccination status

prior to entry. Wyandot County Public Health is a provider for vaccines your scholar will need.



It may be difficult to discuss your child's sexual health with them, but, as a parent, it is one of the most important discussions you will have with them.

WCPH's Family Planning Clinic offers counselling, testing, and birth control options. Call us for info!

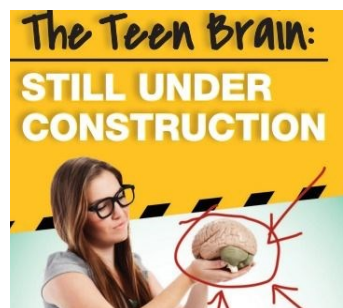
## ALCOHOL & THE TEENAGE BRAIN

The 2013 Ohio Department of Health Youth Risk Behavior Survey stated that; "Alcohol is the most used substance by adolescents, including tobacco and illegal drugs. Alcohol use and abuse can have adverse effects on many aspects of adolescent life. Adolescents who drink alcohol are more likely to experience problems including academic, social, legal, physical health, risky sexual activity, risk for suicide and homicide, alcohol-related car crashes, drug abuse and death from alcohol poisoning."

The American Journal of Psychiatry reported results from a study conducted with adolescents and young adults: 12 of whom used alcohol excessively and 24 healthy teens who had no alcohol habits. MRI's from both groups were compared and it was shown that the regions of the brain responsible for memory and learning were smaller in the drinkers vs. non-drinkers. Other mental conditions, such as: ADHD, PTSD, depression, and conduct disorder appeared in the drinkers as well.

The adolescent brain is still not fully developed and studies are unsure if the damage to the brain brought on by drinking are reversible or permanent.

Parents, talk to your teens about making smart decisions about alcohol. Valuable tips can be found at: [www.niaaa.nih.gov](http://www.niaaa.nih.gov)



## IMMUNIZATION CLINICS

(BY APPOINTMENT ONLY)

### Upper Sandusky

**Mondays**  
12:00-6:00 pm

**Fridays**  
9:00-11:00 am  
&  
1:00-4:00 pm

**Carey**  
2nd Monday  
of every month  
2:00-6:00 pm  
Carey Senior Depot

### Family Planning Immunization Teen & Family Call:

419-294-3852  
for appointment

**WIC Clinic**  
419-294-3341

WCPH is contracted with several major insurance providers. Non-contracted insurance clients must pay for services at visit.

Ask us about our Patient Assistance Program for some adult vaccines!

# ON THE ROAD AGAIN...

The best way to avoid a serious head injury in a motorcycle accident is to purchase a helmet that meets the approval of the US Department of Transportation Federal Motor Vehicle Safety Standard. Look for the DOT symbol on the back and inside of the helmet for verification.

In addition to purchasing a DOT certified helmet, always remember to properly wear the helmet; even if you are only travelling a short dis-

tance. An approved helmet not only protects your head from serious injuries, but the facemask protects your eyes against insects, dust, wind, rain, and stones thrown by passing vehicles. If your helmet does not have a facemask, wear protective goggles. Regular sunglasses and prescriptive eyewear will not keep your eyes from watering and can easily fall off.

In addition to protective eyewear and a DOT approved helmet, you

can further assure your safety by wearing heavy clothing, i.e., denim, or leather, that completely covers your limbs, sturdy shoes or boots that go above ankle height, and gloves for a better grip and to protect your hands if you are in a crash.

Be aware of, and obey all traffic laws and ride defensively and sober and drug free. Enjoy cycle season 2017!



# KEEP BUGS AWAY...

Ah, Springtime! Soccer, baseball, softball, picnicking, grilling, hiking, cycling... These, and a myriad of other outdoor activities await you in the wonderful outdoors. Do you know what else awaits you in the warm Spring weather? Disease. That's right, disease.

That beautiful weather that sends you venturing outside also awakens mosquitos and ticks, carriers of po-

tential life-threatening diseases that include: Lyme Disease and Rocky Mountain Spotted Fever. Wyandot County Public Health is reminding you to be vigilant when it comes to protection from these diseases by:

- Using an EPA registered insect repellent containing at least 20% DEET according to manufacturers instructions

- When possible, wearing a hat, long sleeved shirt and pants, tucking the hems of pants into socks
- Avoiding times of day and places when/where insects are most active. including tall grasses and wet areas

Please view the ODH & CDC websites for more info on zoonotic disease.

# TEEN PREGNANCY...

Mom, Dad, Mommy, Daddy, Pops, Mother...there is a long list of names that teenagers call their parents, but, a name that NO parent of a teenager wants to be called is GRANDMA or GRANDPA.

May is National Teen Pregnancy Prevention Month and despite historic declines in teen pregnancy and birth rates in the US, there is still more work to be done. Roughly 1 out of 4 girls in the US become pregnant before the age of 20. Ohio ranks 24th out of 50

states with an average of 49 teen pregnancies out of 1,000 girls. The US, while at an historic low, still has one of the highest rates in the industrialized world. Hispanics and blacks have a higher incidence in teen pregnancies versus their white counterparts, however, the teen pregnancy rates for Hispanic teens, who have the highest pregnancy rates have declined by 50% since 2007

Though May is a critical time to consider the impact teen pregnancies

have on young women, their families, and communities, we must remember to be vigilant, addressing the issue year-round.

In 2015 that there were 230,000 unintended pregnancies in women 15-19 years old: males and females aged 15-24 accounted for nearly half of 20 million new STD's nationwide. Be proactive. Call WCPH at 419-294-3852 for STD & birth control option info via the family planning clinic.