

WARREN COUNTY HEALTH DISTRICT

News and Information



Public Health
Prevent. Promote. Protect.

Breakfast- The Most Important Meal of the Day?

Breakfast is often called 'the most important meal of the day'- there is good reasoning behind it!

As the name suggests, breakfast breaks the overnight fasting period. It replenishes your supply of glucose to boost your energy levels and alertness, while also providing other essential nutrients required for good health.

Many studies have shown the health benefits of eating breakfast, some of which including improved energy levels and ability to concentrate in the short term, can help with better weight management, reduced risk of type 2 diabetes and heart disease in the long term.

Despite the benefits of breakfast for your health and wellbeing, many people often skip it, for a variety of reasons.

If you don't have breakfast, you might find you feel a bit sluggish and struggle to focus on things. This is because your brain hasn't received the energy (glucose) it needs to get going.

Studies suggest that not having breakfast affects your mental performance, including your attention, ability to concentrate and memory. This can make some tasks feel harder than they normally would.

Children and adolescents who regularly eat breakfast also tend to perform better academically compared with those who skip breakfast. They also feel a greater level of connectedness with teachers and other adults at their school, which leads to further positive health and academic outcomes.

People who eat breakfast generally have more healthy diets overall, have better eating habits and are less likely to be hungry for snacks during the day than people who skip breakfast.

Children who eat an inadequate breakfast are more likely to make poor food choices not only for the rest of the day, but also over the longer term.

Want some quick and easy breakfast inspiration? Try these!

Greek yogurt with granola and fruit
Oatmeal or Overnight Oats
Toast/ Bagel with fruit

What's Happening at WCHD?



WCHD Mobile Health is on the road! Check out our calendar for the mobile unit at www.warrencohealthoh.gov/mobile-clinic-calendar



Vaccination Clinics! Adult and childhood vaccines available. Call 513-695-1468 or 513-695-1229 to get scheduled.



FREE naloxone kits and fentanyl test strips. To set up a time for pick up, call 513-695-1271.



Health Education! The Health Education Program keeps the community informed of important health issues and implements services/programs to improve the health, safety and wellness of citizens in Warren County. For more information on programs, services or health presentations available for community groups, please contact 513-695-2475.



September is Suicide Prevention Month

Suicide is a serious public health problem that can have lasting harmful effects on individuals, families, and communities. There are many factors that contribute to suicide. The goal of suicide prevention is to reduce factors that increase risk and increase factors that promote resilience.

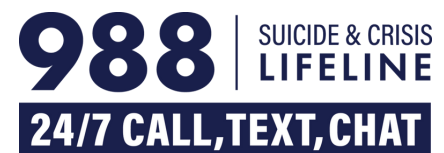
In 2023, an estimated 12.8 million adults (around 4.9%) in the United States seriously thought about suicide, 3.7 million (1.4%) made a plan, and 1.5 million (0.5%) attempted suicide. According to the 2022 Warren County Community Health Assessment, 4% of Warren County adults seriously contemplated suicide.

A range of factors at the individual, relationship, community, and societal levels can increase or decrease suicide risk. These factors are known as risk and protective factors. Some factors increase a person's risk of contemplating or attempting suicide are previously attempting suicide, job/financial problems or loss, social isolation, lack of access to healthcare, and easy access to items such as guns or medicine to at risk populations.

On the flip side, the factors that can help protect someone against suicide are effective coping and problem solving skills, feeling connected to others, access to consistent and high quality physical and behavioral healthcare, and reduced access to lethal means of suicide.

If someone is at risk of suicide, watch for warning signs such as, being isolated, extreme mood swings, and talking about being a burden.

Contact the 988 Suicide and Crisis Lifeline if you are experiencing mental health-related distress or are worried about a loved one who may need crisis support. 988 is confidential, free, and available 24/7/365, and staffed by trained crisis counselors.



Are you prepared for disasters?

Make a plan today. Your family may not be together if a disaster strikes, so it is important to know which types of disasters could affect your area. Know how you'll contact one another and reconnect if separated. Establish a family meeting place that's familiar and easy to find. In Ohio, some of the most common types of disasters are flooding, followed by severe storms that sometimes produce hail and tornadoes.

Prepare today to reduce panic tomorrow. Start by making a household safety plan, which answers the following questions:

How will I receive emergency alerts and warnings?

Where will I shelter? Where will I evacuate?

How will I be able to communicate with other people such as family, friends, or co-workers?

Do I need to update/create an emergency preparedness kit?

As you start to look get prepared for disasters, tailor your plans and supplies to your specific daily living needs and responsibilities. Discuss your needs and responsibilities and how people in your network can assist each other with communication, care of children, businesses, pets or specific needs like operating medical equipment.

To get started on making your household's emergency plan, visit ready.gov/plan.



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