

WARREN COUNTY HEALTH DISTRICT

News and Information



Public Health
Prevent. Promote. Protect.

Life's Essential 8: Your Checklist for Heart Health

Life's Essential 8 are the key measures for improving and maintaining cardiovascular health, as defined by the American Heart Association. Better cardiovascular health helps lower the risk for heart disease, stroke and other major health problems.

1) Eat Better

Aim for an overall healthy eating pattern that includes whole foods, lots of fruits and vegetables, lean protein, nuts, seeds, and cooking in non-tropical oils such as olive and canola.

2) Be More Active

Adults should get 2 ½ hours of moderate or 75 minutes of vigorous physical activity per week. Kids should have 60 minutes every day, including play and structured activities.

3) Quit Tobacco

Use of inhaled nicotine delivery products, particularly cigarettes, are the leading cause of preventable death in the United States.

4) Get Healthy Sleep

Most adults need 7-9 hours of sleep each night. Children require more: 10-16 hours for ages 5 and younger, including naps; 9-12 hours for ages 6-12; and 8-10 hours for ages 13-18. Adequate sleep promotes healing, improves brain function and reduces the risk for chronic diseases.

5) Manage Weight

Achieving and maintaining a healthy weight has many benefits. Body mass index, a numerical value of your weight in relation to your height, is a useful gauge.

6) Control Cholesterol

High levels of non-HDL, or "bad," cholesterol can lead to heart disease.

7) Manage Blood Sugar

Most of the food we eat is turned into glucose (or blood sugar) that our bodies use as energy. Over time, high levels of blood sugar can damage your heart, kidneys, eyes and nerves

8) Manage Blood Pressure

Keeping your blood pressure within acceptable ranges can keep you healthier longer. Levels less than 120/80 mm Hg are optimal.

Want to learn more about the Essential 8? Visit www.heart.org/en/healthy-living/healthy-lifestyle/lifes-essential-8

What's Happening at WCHD?



Monday, February 16th:
President's Day- WCHD
CLOSED



The mobile unit is parked until March. See you again in the spring!



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



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



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.





Healthy Relationships

Healthy relationships share certain characteristics everyone should be taught to expect. They include, but are not limited to:

Mutual respect. Respect means that each person values who the other is and understands the other person's boundaries.

Trust. Partners should place trust in each other and give each other the benefit of the doubt.

Honesty. Honesty builds trust and strengthens the relationship.

Compromise. In a dating relationship, each partner does not always get his or her way. Each should acknowledge different points of view and be willing to give and take.

Individuality. Neither partner should feel pressured to change who they are or define their identity through the other. Both individuals should maintain their own friendships and interests while supporting each other in exploring new hobbies and forming new connections.

Good communication. Each partner should speak honestly and openly to avoid miscommunication. If one person needs to sort out his or her feelings first, the other partner should respect those wishes and wait until he or she is ready to talk.

Anger control. We all get angry, but how we express it can affect our relationships with others. Anger can be handled in healthy ways such as taking a deep breath, counting to ten, or talking it out.

Fighting fair. Everyone argues at some point, but those who are fair, stick to the subject, and avoid insults are more likely to come up with a possible solution. Partners should take a short break away from each other if the discussion gets too heated.

Understanding. Each partner should take time to understand what the other might be feeling.

To learn more about healthy relationships, visit youth.gov/youth-topics/teen-dating-violence/characteristics.

February is Children's Dental Health Month

February is Children's Dental Health Month, a time to raise awareness about the importance of good oral health habits starting early in life. Healthy teeth and gums support a child's ability to eat, speak, and learn, and they also play a role in overall health and well-being.

Parents and caregivers can help children maintain healthy smiles by encouraging brushing twice a day with fluoride toothpaste and flossing daily once teeth touch. Choosing water instead of sugary drinks and limiting sweets and sticky snacks can help prevent cavities. Offering tooth-friendly foods like fruits, vegetables, cheese, and yogurt can also strengthen teeth and support healthy development.

Regular dental checkups are an important part of preventive care. Visiting the dentist helps identify potential issues early and gives families the opportunity to ask questions and reinforce good oral hygiene habits at home. The American Association of Pediatric Dentists recommends that parents have their child visit a dentist by their first birthday. During this time, parents/guardians will have the opportunity to ask questions and address any dental concerns at the primary visit and the dentist will gently swab the child's mouth to check their gums and any erupted teeth. As the child starts teething, the dentist will be able to monitor their progress and implement preventative measures for any concerns with your baby's teeth.

By focusing on prevention and routine care, families can help children build strong, healthy smiles that last a lifetime.

For more tips on children's dental health, visit www.cdc.gov/oral-health/prevention/oral-health-tips-for-children.html.

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