

THE MONTH OF
September



AUGLAIZE COUNTY
HEALTH DEPARTMENT
prevent. promote. protect.

September Awareness

SEPTEMBER 2022

Special Points of Interest

- National Preparedness Month

- Suicide Prevention Awareness Month

Fruits and Veggies Month

- Child Passenger Safety Awareness



National Preparedness Month

Following a disaster, there may be power outages or circumstances that cause you to be unable to cook regularly. Below are tips to build a kit for emergency preparedness food items.

- Be sure to have ready -to-eat canned meats, fruits, vegetables, and a can opener.
- Have healthier options like protein or fruit bars, dry granola or cereal, dried fruit, peanut butter, canned juices,

non-perishable pasteurized milk, and formula for infants if needed.

- Keep plenty of bottled water stored in your kit.
- Store paper/plastic utensils and dinnerware to use.
- To store food properly, keep in covered containers
- Discard any food that comes in contact with flood water or other debris.

These simple tips can help to stay energized and hydrated in the event of an emergency.



Suicide Prevention Awareness Month

September is recognized as National Suicide Prevention Awareness Month. This is a time to acknowledge those affected by suicide, raise awareness, and connect those who need it to treatment.

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.

- Call or text 988
- Chat at 988lifeline.org

Connect with a trained crisis counselor. 988 is confidential, free, and available 24/7/365.

Fruit and Veggies Month



September is National Fruit and Veggies Month. This is meant to bring attention to all of the health benefits of eating fruits and vegetables. Most fruits and veggies are naturally low in fat and calories. Fruits and vegetables provide nutrients vital for health and maintenance of your body like potassium, fiber, folate, Vitamin A and Vitamin C. Diets rich in potassium may help to maintain a healthy blood pressure. Dietary fiber included in fruits and vegetables may help to lower cholesterol and lower the risk of heart disease. Vitamin A can help to keep your skin and eyes healthy, and help to protect against infections. Vitamin C helps to heal cuts and wounds, and keep your teeth and gums healthy. Vitamin C can also help your body to absorb more iron. Eating a diet rich in vegetables and fruits as part of an overall healthy diet may reduce risk for heart disease, including heart attack and stroke.

Child Passenger Safety Awareness

Car crashes are a leading cause of death for children. On average, two children under 13 were killed and an estimated 374 were injured every day in 2019 while riding in cars, SUVs, pickups, and vans. Many times injuries and deaths can be prevented through proper use of car seats, boosters and seat belts.

The Auglaize County Health Department houses a Certified Child Passenger Safety Technician (CPST) who can conduct safety checks and install car seats.

Our CPST also holds classes monthly, or by appointment, for families who are in need of a car seat. Car seats distributed in our class are based on the child's age, height and weight. (Must be eligible based on income to receive a car seat)

If you would like to have your car seat checked or installed, or attend a class, please contact our CPST at 419-738-3410.



**CHILD PASSENGER
SAFETY**

*“Guiding
Auglaize
County
towards a
healthier
future!”*

Contact us with questions!

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