



AUGLAIZE COUNTY
HEALTH DEPARTMENT
prevent. promote. protect.

COMMUNITY WELLNESS

April 2024

April

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*"Guiding Auglaize
County towards a
healthier future."*



NATIONAL PUBLIC HEALTH WEEK

April 1st-7th is National Public Health Week (NPHW)! The theme this year is "Protecting, Connecting and Thriving: We Are All Public Health." The focus is not just the ways public health serves our communities — protecting our access to clean water and air, to nutritious and safe foods, to the right and ability to access essential health services — but the ways our communities flourish when they have their needs met.

As we celebrate NPHW, we want everyone to know they can make their communities healthier, safer and stronger when we support and stay engaged with one another. When we connect with each other, whether with our neighbors or our lawmakers, we can build relationships that protect our health and enrich our lives.

This NPHW, one of our goals is to look at how our cultural connections and intersections affect our health, well-being and the public health system that cares for us. We're encouraging everyone — public health professionals, students, elected leaders, activists, and the public — to step in and do what they can to make our world a more equitable, safe, healthy, and just place. We hope you'll join us.



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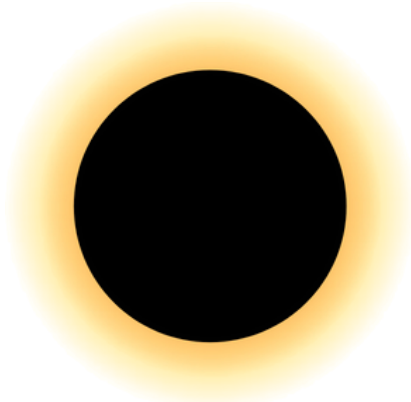
**NATIONAL
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Public Health
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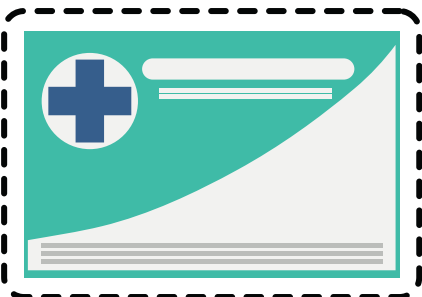
TOTAL SOLAR ECLIPSE REMINDERS

On April 8, 2024 a total solar eclipse will cross North America, passing over Mexico, the United States, and Canada. Auglaize County is one of several Ohio counties that will experience full totality for 3 minutes and 56 seconds at approximately 3:09 PM. In addition, parts of Auglaize County are in the centerline totality area, meaning those areas will experience the longest periods of full totality. Anyone planning to view the eclipse should be thinking about eye safety. It is important that spectators wear special eyewear designed specifically for eclipses. Without eye protection, spectators can significantly damage their eyes, possibly causing blindness. Auglaize County expects a significant increase in visitors to the area between Friday, April 5th and Tuesday, April 9th 2024. Traffic will be heavy and lines may be long for local services such as restaurants, gas stations, grocery, and retail stores. Residents should avoid unnecessary travel and allow extra time to get where they need to go during this timeframe.



MEDICAID AWARENESS MONTH

Each year in April, we recognize a very vital program in public health - Medicaid. Medicaid provides quality health care to more than 80 million people in the nation and is essential to the health of families, children, people with disabilities, and seniors. It plays a critical role in promoting public health by ensuring access to healthcare services that prevent and treat illnesses, promote healthy behaviors, and reduce healthcare disparities. One of the key goals of Medicaid Awareness Month is to raise understanding about the program and the services it provides. Many people may not realize that they are eligible for Medicaid or may not be aware of the range of services that are covered. By increasing awareness, we can help ensure that more people are able to access the care they need to stay healthy. For more information on Medicaid in Ohio, visit www.medicaid.ohio.gov or call 1-800-324-8680.





STRESS AWARENESS MONTH

April is recognized as National Stress Awareness Month. Managing stress is an essential component of a healthy lifestyle. Knowing how to manage stress can improve mental and physical well-being as well as minimize aggravation of health-related issues. Long-term stress can prove to be more than just mental health issues. From headaches to stomach disorders to depression - even very serious issues like stroke and heart disease can come as a result of stress. Take care of yourself - eat healthy, exercise regularly, get plenty of sleep, and give yourself a break if you feel stressed.




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