



COMMUNITY WELLNESS

April 2023



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"Guiding Auglaize County towards a healthier future."



NATIONAL PUBLIC HEALTH WEEK

April 3rd-9th is National Public Health Week (NPHW)! The theme this year is "Centering and Celebrating Cultures in Health." Feeling like we belong, being a part of our communities and fostering cultural connections supports our health and the quality of our lives.

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. As we adjust and adapt to new social norms, we're focusing not just on what we can do as individuals, but what we can do as communities to protect, prioritize and influence the future of public health.

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 general 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.



NATIONAL PUBLIC HEALTH WEEK

AN INITIATIVE OF THE AMERICAN PUBLIC HEALTH ASSOCIATION



Public Health
Prevent. Promote. Protect.

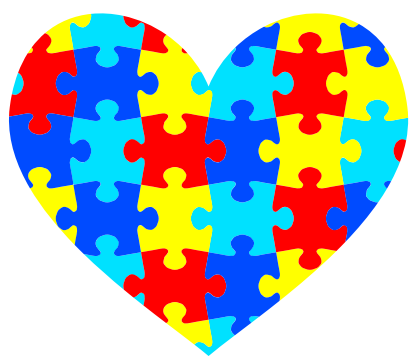


ALCOHOL AWARENESS MONTH

Alcohol Awareness Month is a public health campaign organized by the National Council on Alcoholism and Drug Dependence as a way of increasing outreach and education regarding the dangers of alcoholism and issues related to alcohol. Each year, an estimated 88,000 people die from alcohol-related causes annually and in 2014 alcohol-impaired driving fatalities accounted for 31% of overall driving fatalities . Unfortunately, these deaths could have been avoided, making alcohol the third leading preventable cause of death in the United States. A big part of the work of Alcohol Awareness Month is to point out the stigma that still surrounds alcoholism and substance abuse in general. If you feel you or a loved one may be struggling with alcoholism, don't worry, you're not alone. Call the American Addiction Centers today at 866-837-8394 to take the first step toward recovery and a healthier life.



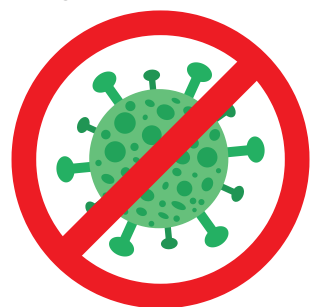
AUTISM AWARENESS MONTH




Every April Autism Speaks celebrates World Autism Month. Autism, or autism spectrum disorder (ASD), refers to a broad range of conditions characterized by challenges with social skills, repetitive behaviors, speech and nonverbal communication. In 2023, the CDC reported that approximately 1 in 36 children in the U.S. is diagnosed with an ASD. We know that there is not one autism but many subtypes, most influenced by a combination of genetic and environmental factors. The ways in which people with autism learn, think, and problem-solve can range from highly skilled to severely challenged. Some people with ASD may require significant support in their daily lives, while others may need less support and, in some cases, live entirely independently.


STI AWARENESS MONTH

Sexually Transmitted Infections or STIs are infections that are spread from one person to another, usually during vaginal, anal, and oral sex. STIs are very common and many people who have them don't have any symptoms. Without treatment, STIs can lead to serious health problems. Most STIs are curable and all STIs are treatable. Be sure to practice safe sex by using condoms from start to finish in order to protect yourself from infection. Another important thing to do if you're sexually active is to get tested regularly. Finally, make sure you're talking to your partner about sex, sexual health, and how to keep one another healthy.




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