

NEWS AND INFORMATION



Young People's Mental Health

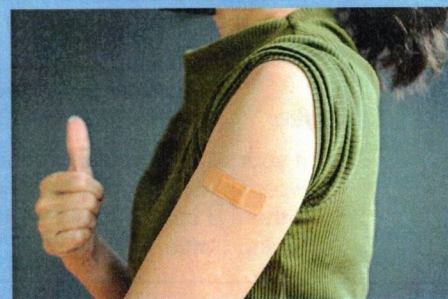
Mental health challenges can be difficult to define, diagnose, and address, partly because it isn't always clear when an issue is serious enough to warrant intervention. All of us, at all ages, occasionally experience fear, worry, sadness, or distress. In most cases, these symptoms are short-lived and don't affect our ability to function. But, at other times, symptoms can cause serious difficulties with daily functioning and affect our relationships with others, as in the case of conditions such as anxiety disorders, major depressive disorder, schizophrenia, bipolar disorder, and eating disorders, among others.

Unfortunately, in recent years, national surveys of youth have shown major increases in certain mental health symptoms, including depressive symptoms and suicidal ideation. From 2009 to 2019, the proportion of high school students reporting persistent feelings of sadness or hopelessness increased by 40%; the share seriously considering attempting suicide increased by 36%; and the share creating a suicide plan increased by 44%. Between 2011 and 2015, youth psychiatric visits to emergency departments for depression, anxiety, and behavioral challenges increased by 28%. Between 2007 and 2018, suicide rates among youth ages 10-24 in the US increased by 57%. Early estimates from the National Center for Health Statistics suggest there were tragically more than 6,600 deaths by suicide among the 10-24 age group in 2020.

Families and caregivers play a critical role in providing the safe, stable, and nurturing environments and relationships young people need to thrive. Below are some recommendations for how families and caregivers can engage with children and youth on mental health topics, help them become more resilient, and address emerging mental health challenges:

- Be the best role model you can be for young people by taking care of your own mental and physical health
- Help children and youth develop strong, safe, and stable relationships with you and other supportive adults.
- Encourage children and youth to build healthy social relationships with peers.
- Look out for warning signs of distress, and seek help when needed

Source Material:
<https://www.hhs.gov/sites/default/files/surgeon-general-youth-mental-health-advisory.pdf>



August Health Observance: National Immunization Awareness Month

August is National Immunization Awareness Month (NIAM). This annual observance highlights the importance of getting recommended vaccines throughout your life. We know the COVID-19 pandemic has impacted all aspects of life, including your ability to attend important appointments and receive routine vaccinations. During NIAM, we encourage you to talk to your doctor, nurse or healthcare provider to ensure you and your family are protected against serious diseases by getting caught up on routine vaccination. Immunization prevents an estimated 4 million deaths every year in all age groups from diseases like diphtheria, tetanus, pertussis (whooping cough), influenza and measles. It is one of the most successful and cost-effective public health interventions. An additional 1.5 million deaths could be avoided, however, if global vaccination coverage improves.

If you need to get vaccinated, give WCHD a call at 513-695-1229.

Back to School Spread

With back to school season quickly approaching, there is so much to prepare, from back to school shopping, preparing school lunches, the list goes on and on! Below are some steps that you can take to help ensure that your student is safe and healthy as well.

Sleep

Over the summer, it is very easy for your student's sleep schedule to change! It is very easy to go to bed late and to wake up later in the day, which can become an issue when it comes to transitioning to their back to school schedule. It is recommended by the American Academy of Sleep Medicine that children aged 6–12 years should regularly sleep 9–12 hours per 24 hours and teenagers aged 13–18 years should sleep 8–10 hours per 24 hours. Before school starts, have your student practice going to sleep at the time they would need to during the school year the week or so before school starts!

If your student rides their bike to school, make sure that they wear a helmet and bright colored clothing. If your child must cross the street in front of the bus, teach him or her to walk on the side of the road until they are 10 feet ahead of the bus; your child and the bus driver should always be able to see each other.

Vaccinations and Clinics

Did you know that you can get all of your student's required vaccinations at WCHD? We also provide physicals that your student may need. If you need to schedule an appointment, call 513-695-1468 or 513-695-1229.

Safety

If your student walks to school, they should walk on the sidewalk if there is one available. If there is one unavailable, they need to walk facing traffic.



Back to School Nutrition

For many students, lunch is their favorite part of the school day- here's some tips to make it healthy!

Make Breakfast a Priority

Did you know that kids who eat breakfast regularly are more likely to have better concentration, problem-solving skills, creativity, and school attendance than those who do not? Eating a healthy breakfast is the best way to start the day! To encourage your kids to eat a good breakfast before school, sit down and eat with them. Eating breakfast together models that breakfast is important for everyone.

If a rushed morning routine keeps you from sitting down for a healthy breakfast, set aside 10 to 15 extra minutes to eat. Wake up just a little bit earlier if needed, or prepare something the night before to be easy and on-the-go!

A healthy and balanced breakfast does not have to be elaborate, or even "breakfast food". Find what fits for your family and flow of the morning!

Snack Right

After a busy day of learning and playing, kids are hungry! Even if a child eats at breakfast and lunch, they will most likely be hungry after school and need something to tie them over until dinner. If you are looking for a kid-friendly after-school snack, try to find a healthy snack to help your child come to dinner hungry but not starving. Have healthy options at eye level in the pantry so that it's easier for kids to make a healthy choice. Consider sending a snack to school with your child that they can eat on the bus or on the drive home. Have healthy fruits and vegetables around, instead of less nutritious foods like chips and cookies, keeps kids from eating too many empty calories.

