



100 Years of Public Health



Fulton County Health Department Staff

FULTON COUNTY HEALTH DEPARTMENT

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Board of Health

Back Left to Right:

Mr. Kerry Vandock, Mr. Steve Van Sickle,
Dr. Kenton Kamp, Mr. Dave Nafziger

Front Left to Right:

Dr. Keith Lehman, Ms. Denise Heban

A MESSAGE FROM KIM CUPP, HEALTH COMMISSIONER

100th Anniversary

2019 marked the 100th anniversary of two legislative acts that shaped the future of public health in Ohio. The Hughes Act and Griswold Act, both enacted in 1919, established the modern day organization of local health departments and laid the foundation for public health efforts still in effect today.

The need for an agency which oversees the health of communities was brought into focus during the Swine Flu Epidemic of 1918. Communities experiencing this tragedy were frustrated by the fact that no person or agency has authority to implement procedures which would curb the spread of the disease. Not surprisingly, the first duties of health departments included quarantining homes of people with various communicable diseases and recording causes of death.

Progress

In the 100 years that have passed, public health has had a significant impact on health and quality of life.



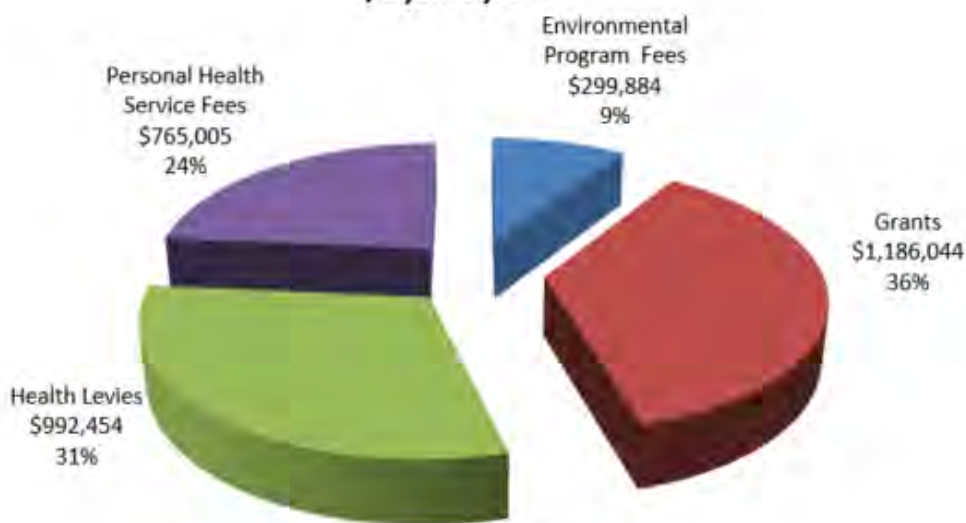
1900's era mosquito spraying.



Current mosquito spraying.

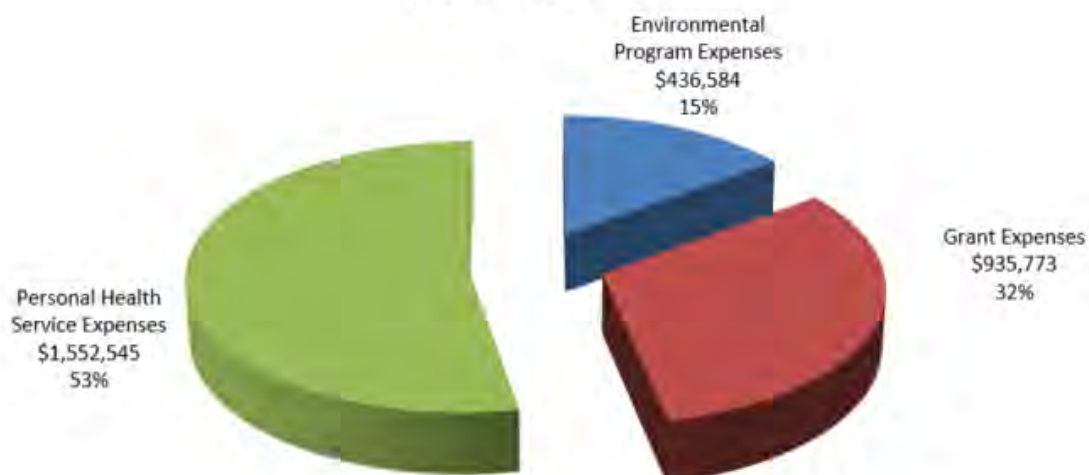
2019 FINANCIAL SUMMARY

Income in 2019 \$3,243,387



In 1930, the Health Commissioner's monthly salary ranged from \$149 - \$179 and included both mileage and expenses.

Expenses in 2019 \$2,924,903



FULTON COUNTY HEALTH DEPARTMENT

2019 FCHD Accomplishments

HC3 and their community partners hosted Fulton County Rising Day to engage individuals, businesses and organizations to understand their role in prevention and increase positive interactions with our young people.



Provided essential public health services to support residents in making choices that improve and maintain the health and wellbeing of themselves and their families.



Secured a three year tobacco grant to decrease youth tobacco/nicotine use, increase youth and adult cessation efforts and address second hand smoke in our communities.



In 2019, the Northwest Region Breast and Cervical Cancer Project received an award for providing the largest number of cervical screenings in the state of Ohio to eligible women.

Secured Water Pollution Control Loan Funds (WPCLF) for household sewage treatment system (HSTS) repair and replacement.

Through the Maternal Child Health Grant, nursing division worked to improve preconception health and increase policies of small businesses to support healthy habits of their employees.

FULTON COUNTY HEALTH DEPARTMENT

Community Health Improvement Plan (CHIP)



Fulton County Partners for Health, comprised of many different Fulton County and regional partners, meet regularly to select and address priority public health issues as identified through the Mobilizing for Action through Planning and Partnership (MAPP) process. This work results in the Community Health Assessment (CHA) and the Community Health Improvement Plan (CHIP), which drives the selection of strategies to address the priority issues. In the beginning of this three year cycle, obesity, mental health, and substance misuse were chosen as the priority public health issues for Fulton County. This data report and plan can be found on our website: FultonCountyHealthDept.com/Data-Resources/Health-Assessments.

In 2019, Fulton County Partners for Health commissioned an Adult Health Status Survey and three focus groups to gather quantitative and qualitative data from our community about a variety of public health issues. This begins the next three year cycle of assessment, capacity building, planning, implementation and evaluation. The public release of Health Status Report scheduled for early 2020.



Contact Us:

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VITAL STATISTICS

Ohio's Bureau of Vital Statistics began filing birth and death certificates in 1908.



Birth Certificates

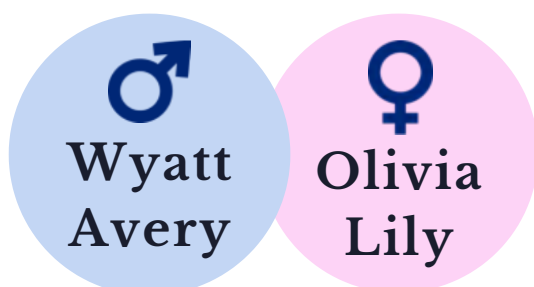
The Health Department is the local source to purchase certified birth certificates. We can provide a birth certificate for anyone born in the State of Ohio.

A State of Ohio Vital Statistics Electronic Index Kiosk is available for customers searching for birth and death records. Birth records are searchable back to 1908 and death records to 1964. Search information needed is the person's last name, first name, and year of birth, death, or person's last name and complete date of birth, death.

People are living an average of 25 years longer in 2019 than they did 100 years ago.

Of the 215 births that occurred in Fulton County, eight of them were home births.

Most popular baby names:



2019 Fulton County Birth & Death Statistics**

Certified copies of death certificates are only issued in the county in which the person died not necessarily in the county where they lived.

In County Births	Total 215	Males 100	Females 115
In County Deaths	Total 308	Males 151	Females 157
Causes of Death			
Alzheimer's / Dementia	39		
Cancer	69		
Heart / CVA	100		
Other Natural	43		
Pulmonary / Pneumonia	39		
Accident	13		
Suicide	4		
Pending Investigation	1		

These numbers do not reflect the number of births or deaths of Fulton County residents occurring in neighboring counties.
Actual number of births for Fulton County residents is 480.

WOMEN, INFANTS & CHILDREN (WIC)

The WIC program began in Ohio in 1974 and has now been part of public health for 45 years.

In 2005, breastfeeding in public became legal in all 50 States.

WIC continues to improve pregnancy outcomes, reduce low birth weight rates, decrease infant mortality, increase breastfeeding rates, improve the growth of nutritionally at-risk infants and children, decrease childhood obesity, decrease rates of anemia and lower medical costs. Pregnant women participating in WIC receive prenatal care earlier than non-participants.

Children enrolled in WIC are more likely to have a regular source of medical care and have more up-to-date immunizations. WIC significantly improves children's diets.

Questions about WIC programs or breastfeeding?
Please call 1-800-888-4808 or 419-337-6979.

In August 2019, WIC celebrated World Breastfeeding month by having a celebration at a local park.

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In May 2019, WIC started a new Facebook page, WICfultonhenry.

Fulton/Henry County WIC

FULTON: 419-337-6979 ||| HENRY: 419-591-3075

The new Fulton/Henry County WIC Facebook page header.

EMERGENCY PREPAREDNESS

The Fulton County Health Department participates in community preparedness to ensure public health issues are addressed in an emergency. The Health Department may take the lead in an emergency if it is a health disease related emergency, or support other organizations in the community as needed.

In 2002, the Health Department applied for the Emergency Preparedness Grant and was approved.

Preparation is the key to responding to an emergency, which means planning, procedures, drills, exercises, training, and assessment of inventory of supplies



and equipment needed to take place on a regular basis to be ready for any situation. An annual exercise involving community partners occurs each year to evaluate the Fulton County Health Department's ability to respond to an emergency. The exercise evaluates a different emergency response area each year so improvements may be made to plans, training, and equipment.

ENVIRONMENTAL HEALTH DIVISION

If you had a septic system connected to your home one hundred years ago, chances are good you did not need a permit. These septic systems often drained into a creek or road tile.



If you currently have a septic system in your yard, you can expect a visit from a health department inspector in the near future. Following the adoption of the statewide sewage rules in January 2015, the Health Department is tasked with evaluating each household sewage treatment system (STS) in the county. During this evaluation, the inspector determines the type of system and looks for signs of system failure. An Operation Permit will be issued and a fee collected at this time. These fees will be used to cover costs associated with ensuring household STS across the county are working properly. This program will help to identify failing systems and those that are polluting streams and other waterways.

Sewage Program

Improvements in septic tank design and technology have helped to prevent pollution and groundwater contamination caused by wastewater.



Modern septic tank.

In 2019, the Health Department secured \$150,000 in funding through the Ohio Environmental Protection Agency's Water Pollution Control Loan Fund to help qualified homeowners repair or replace failing septic systems.

ENVIRONMENTAL HEALTH DIVISION

Even though the rabies vaccine was developed and used in the late 1800's, Ohio Health Departments did not investigate or follow up with animal bites/exposures until 1965. The treatment at that time included 25 doses to be given each day for 21 days.

Rabies Program

The Ohio Administrative Code states the Fulton County Health Department is responsible for following up with animal bites and the rabies control program. Rabies is a preventable disease often transmitted through the bite of a rabid animal.



In 2019, inspectors followed up with 103 bites/exposures in Fulton County, with one bat testing positive for rabies.

If an animal has bitten you, seek medical attention or first aid immediately. To report an animal bite, contact the Fulton County Health Department or your local law enforcement office.

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Post-exposure treatment for rabies consists of four doses of vaccine given over a two-week period.

Rabies is often transmitted to people through wild animals, such as raccoons, skunks and bats, but can also be transmitted through domestic animals, such as cats and dogs.

It is for these reasons that all known animal bites in Fulton County are routinely investigated to ensure the safety of the bite victim and all appropriate tests, treatments, and quarantines are completed as recommended by the Ohio Department of Health.

ENVIRONMENTAL HEALTH DIVISION



In 1955, the food safety program in Ohio started by assuring milk parlors were sanitary.

Modern day food safety specialists enforce rules, based on science, to prevent foodborne illnesses.

The most common violation noted during a food facility inspection in 2019 was broken/non-functioning equipment.

A safe water supply is crucial to the health and wellness of all residents. Today, there are stringent guidelines to install a private water system, including registering of contractors, ensuring well components are safe and there is no contamination to the aquifer.

Water wells used to be installed without regulations, oftentimes by homeowners using lead or other harmful materials.

Ohio Department of Health requires contractors who install sewage systems to be registered yearly and maintain at least 6 hours of continuing education. Staff provided this important education to over 30 contractors in 2019.

Environmental Health Statistics

Specimens Sent to the Lab	19
Total Food Licenses Issued	415
Food Service Operations/Retail Food Establishments	243
Licensed Mobile Units	24
Temporary Licenses	122
Vending Licenses	26
Food Service Inspections/Consultations	1298
Private Water Permits Issued	54
Total Water Samples Taken	277
Private Sewage Permits Issued	58
Home Sale Certifications	6
Campgrounds Licensed	5
Nuisance & Housing Complaints Investigated/Consultations	321
Swimming Pools Licensed	16
Subdivision/Lot Split Consultations	48
School Inspections	54
Solid, Infectious & Composting Waste Inspections/Consultations	46
Tattoo/Body Piercing Establishments Approved to Operate	4
Smoking Inspections/Consultations	2
Manufactured Home Park Inspections	28

COMMUNITY HEALTH SERVICES

Breast and Cervical Cancer Project (BCCP)

BCCP has enrolled 631 women within the first 6 months of the grant year.

The Northwest Region Breast and Cervical Cancer Project is a high-quality breast and cervical cancer screening and diagnostic program that serves 21 counties of northwest Ohio. Women, 21 and over, regardless of insurance status, can receive services at no-cost if they meet the program's generous income guidelines. Services may include a pelvic exam, pap test, clinical breast exam, mammogram, and diagnostic testing if needed. Our case managers schedule needed screenings, as well as provide individualized support and assistance to help women overcome any barriers that may impede their access to breast and cervical screenings.

According to data from the Ohio Department of Health, Fulton County provided pap screenings to 26.3% of eligible women. This is the highest percentage in the state.

In the past 6 months, BCCP has provided a total of 1,833 screening and diagnostic services at no-cost to women in need.

The first compression mammography machine was invented in 1966. Pressing down on the breast tissue, doctors were able to see micro-calcifications and tumors more easily.



For more information about our program and no-cost screenings in your area, call 419-335-3907.

COMMUNITY HEALTH SERVICES

One of the most important things that a mom can do to protect her health and the health of her baby is to quit smoking. We are committed to helping her quit.

Baby and Me Tobacco Free (BMTF)/Moms Quit for Two

BMTF is an evidenced-based prenatal/postpartum smoking cessation program. The program is free of charge to participants through the Moms Quit for Two grant awarded by the Ohio Department of Health. It is available to any pregnant smoker or pregnant woman who was a daily smoker 3 months prior to becoming pregnant in Fulton, Henry or Williams Counties with no age or income eligibility. BMTF also allows a support partner, who smokes and lives with the pregnant mom, to enroll in the program. Four prenatal and twelve postpartum counseling sessions are provided to give the participants proven tools to assist them to successfully quit smoking and remain smoke-free.



If a participating mom remains smoke free after the baby is born, she will receive a monthly \$25 diaper voucher for up to twelve months.

For more program details or referrals, contact Deb Weirauch, Andrea Schwiebert or Brittany Stevens at 419-337-0915.

COMMUNITY HEALTH SERVICES

Children with Medical Handicaps (CMH/BCMH)

CMH/BCMH is a program of the Ohio Department of Health and can benefit children and young adults ages 0-21 with a qualifying chronic medical condition (treatment program) or a suspected chronic medical condition (diagnostic program). Public Health Nurses assist families with the application process, health education, case management and referrals to local resources. CMH's mission is to assure, through the development and support of high quality coordinated systems, that children with special health care needs and their families, obtain comprehensive care and services that are family centered, community based and culturally sensitive. The diagnostic program helps to connect families to CMH approved physicians to determine a diagnosis and a plan of treatment for more specialized care, if needed. The diagnostic program can help families pay for office visits to CMH approved physicians, diagnostic testing and public health nurse services. There are no financial requirements to be eligible for the diagnostic program, but families must meet financial eligibility for the treatment program. The treatment program can cover office visits to CMH approved physicians, prescription medications, therapies, hearing aids, surgery, medical testing, and equipment.

CMH began in 1919 and recently celebrated their 100th Anniversary!



CMH was honored at the state level for 100 years of service.

Families whose children have chronic conditions can receive help with medical expenses through CMH.

Please contact Brittany Stevens or Deb Weirauch at 419-337-0915 for program details.

COMMUNITY HEALTH SERVICES

Communicable Disease Control

Small pox, once a common deadly occurrence, has been eradicated.

While changes in communicable disease control have occurred over the past 100 years, monitoring disease activity in the community remains a basic responsibility of your Fulton County Health Department (FCHD). Physicians, laboratories, and hospitals are required by law to report certain diseases to the Health Department. These are the diseases that can cause serious health problems for the person and the community. Public health nurses, sanitarians, and epidemiologists follow-up on reported diseases and suspected outbreaks according to protocols established by the Ohio Department of Health and the Centers for Disease Control. Emerging public health threats are continually monitored at FCHD. Public health activities can range from conducting surveillance and providing vaccinations during the 2009 H1N1 influenza pandemic, providing education and testing for the Zika virus, to calling local individuals with cases of foodborne illness to determine possible causes and provide education to prevent further spread.

The 19th century discovery of microorganisms as the cause of many serious diseases, guided many current public health actions to control infectious diseases.

We now understand the importance of handwashing to kill germs and covering your cough to prevent the spread of illness.



Immunizations

In recent years, only influenza and pneumonia, rank in the top ten causes of death (together they are the eighth leading cause of death in the US).

Such a dramatic drop in deaths from communicable diseases, resulted in improvements in sanitation and hygiene, the discovery of antibiotics, and the implementation of universal vaccination programs.



In 1900, the leading causes of death were pneumonia, tuberculosis, diarrhea and enteritis - all communicable diseases.

COMMUNITY HEALTH SERVICES

Maternal Child Health (MCH)

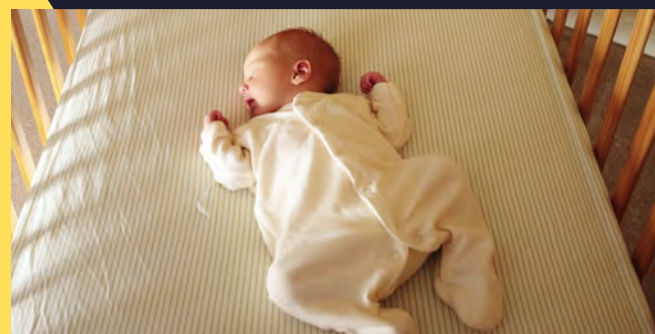
Maternal Child Health is a grant funded by the Ohio Department of Health (ODH). There are several priorities for funding through this grant. The Fulton County Health Department has received funding to provide workplace wellness education to at least five small businesses in our county. The focus is to promote healthy behaviors in women, especially those of childbearing age, and to link families to resources in our community to help achieve optimal health for themselves and their children. With this opportunity, we are able to encourage employees to be the best that they can be. A well-designed workplace wellness program can motivate employees to make healthy choices. This could result in healthcare savings, more engaged workers, a new workplace policy, lower risk of injury, and overall better health.

Please contact us at
419-337-0915 to
explore this program
for your employees.



In the 1920's, the Maternal and
Infancy Act enabled state health
departments to employ nutritionists.

Since the Back to Sleep
Campaign was started
nationally in 1994, deaths
from sudden infant death
syndrome (SIDS) have
decreased by 50%.



Infant Safe Sleep



Alone.



Back.



Crib.

Baby sleeps safest alone, on their back, in a crib.

COMMUNITY HEALTH SERVICES

Car seat regulations were passed in 1971 and companies began to focus solely on safety.



Ohio Buckles Buckeyes (OBB)

The Ohio Department of Health's Child Passenger Safety (CPS) program, Ohio Buckles Buckeyes (OBB), provides child safety seats and booster seats to eligible low income families in all Ohio counties. The overall goals of this program are to increase the availability of child safety seats for families who could not otherwise afford them and to increase correct installation and proper use of child safety seats. Through the coordinated efforts of a network of local and regional CPS coordinators, the OBB

Program distributes child safety seats and booster seats and provides CPS education. The OBB Program has distributed more than 17,000 child safety seats and booster seats to low income families in Ohio over the past five years. In order to receive an OBB seat, income eligible* families must attend an educational class provided by trained local CPS staff. In this session, the parent/caregiver(s) receives important education on how to properly use the car seat for their child and they are instructed on how to correctly install the seat in their vehicle.



***Income must be within Women, Infants & Children (WIC) Program guidelines, although the recipient does not need to be enrolled in the WIC Program.**

It's so important to choose and use the right car seat correctly every time your child is in the car. We have Certified Car Seat Technicians that can assist you.

Please contact the Health Department at 419-337-0915 for more information or to see if you qualify.

COMMUNITY HEALTH SERVICES

Family & Children First Council (FCFC)

For more information, please
contact the FCFC Coordinator,
Jennifer Ruetz at 419-337-0915.

Fulton County Family and Children First Council is a partnership between state and local government and communities and families. We serve to improve the well-being of children and families through community capacity and coordination. Our purpose is to streamline and coordinate existing government services for families seeking help for their children. We work to evaluate and prioritize services, fill service gaps where possible, and develop new approaches to improve the lives of the families who are working with multiple community systems.

Family and Children First Council's priority initiative is to prevent out-of-home placements and custody relinquishment while also reducing treatment costs to all child serving systems through the funding of needed non-clinical services and supports for families. Our Family Coordination Team assists families with youth, prenatal through 21, with non-medical, non-therapeutic needs in the community. Any family meeting the eligibility criteria may access the needed services including referrals made through agencies, schools, juvenile justice, and families voluntarily seeking services.



Community Health Statistics

Clinic Related Contacts	6986
Nursing Hour Coverage (individuals served)	1394
Blood Pressure Clinics (individuals served)	634
Persons Immunized (Childhood and Adult Immunizations)	2268
Persons Immunized Against Flu	1412
Prenatal Clinic Visits (14 patients served)	134
Reproductive Health Clinic Visits (serving women and men of all ages)	1083
Case Management Contacts & Services (for Help Me Grow, BCMH, BCCP, Child & Family Health, Communicable Diseases, General Public Health, Lead Screening)	3818
Individuals Screened by School Nurses (Delta, Evergreen, Fayette, Holy Trinity & Pettisville Schools) 133 children referred for further evaluation	4112
Additional School-Related Services (all schools in the county—including Baby Think It Over, teen pregnancy prevention efforts & tobacco education) ROX	9579
Health Education and Outreach Contacts (44 sessions including: After School Program, Early Childhood & Preschool Evaluations, HMG Community Screenings, car seat education & preschool nutrition programs)	370
Community Health Education Contacts (354 sessions/events conducted)	8114
WIC Clinic Visits (Total for Fulton and Henry County)	4458

COMMUNITY EDUCATION AND ENGAGEMENT

The Serving Up MyPlate program was started in Fulton County in 2016.

Serving Up MyPlate

Educating our children, youth and parents on the importance of getting the recommended servings of fruits and vegetables each day and doing so in a fun way is a key part in creating

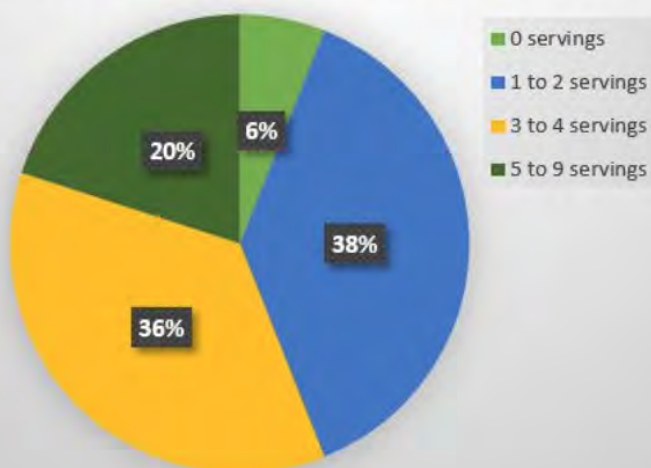
change. The

Serving Up MyPlate is a

program designed to integrate nutrition education into Math, Science, English Language Arts, and Health curriculum. This program introduces the importance of eating from all five food groups using the MyPlate icon and a variety of hands-on activities. Students also learn the importance of physical activity to staying healthy.



Fulton County Youth Ages 12 - 18 Fruit & Vegetable Consumption per Day



Source: 2018 Fulton Co Youth Health Status Report



The Fulton County Health Department partnered with United Way of Fulton County, the Four County ADAMhs Board and Fulton County Schools to bring Serving Up MyPlate to all Fulton County 3rd graders during the 2018-2019 school year.

COMMUNITY EDUCATION AND ENGAGEMENT



Baby Think It Over (BTIO)

The Baby Think It Over (BTIO) program affords students in Fulton County the opportunity to learn the consequences of being sexually active: including pregnancy (students take home an infant simulator for a weekend to experience some of the challenges of having a baby) and sexually transmitted diseases. Students also receive information about the tragic

results of Abusive Head Trauma and dangers of using drugs or alcohol during pregnancy. An abstinence-centered curriculum, known as Love Notes, promotes a wholistic, “risk-avoidance” approach, strongly encourages abstinence as the best and healthiest choice, while also teaching students about goal-setting, healthy relationships, refusal skills, and character building.

During the 2018-19 school year, 472 Fulton County 8th-12th grade students participated in the BTIO program.



Love Notes

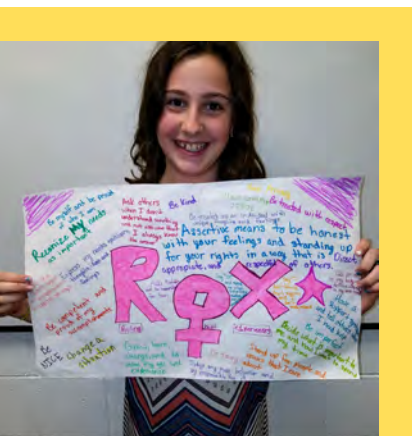
- Connects teens and trusted adults
- Teaches personal goal setting
- Educates on the benefits of sexual delay and risk avoidance.



COMMUNITY EDUCATION AND ENGAGEMENT

The RoX program began in 2015 in response to concern over the rising number of girls reporting symptoms of mental health distress.

Ruling Our Experiences (RoX)



RoX participant

RoX is a 20 lesson evidence-based program to help young women navigate through the pressing issues they face today such as: girl drama, body image issues and self-esteem issues, navigating social media in a safe way, leadership, stress reduction, career building, and self-defense. We are helping create a better world for girls! We are excited to see the way this amazing program has positively impacted the young ladies of Fulton County!



The program has expanded to serve all seven Fulton County schools and is fully funded by the Fulton County Job and Family Services.

RoX anticipates serving over 330 girls during the 2019-20 school year.



The RoX Program in Fulton County has a variety of facilitators, Jaime Fogarty and Rachel Kinsman are both staff from the Fulton County Health Department. There are four additional RoX facilitators in Fulton County; Jessica Gerig, April Beck, Kaitlin Szozda (Wauseon Schools) and Monica Carrizales (Evergreen Schools).

COMMUNITY EDUCATION AND ENGAGEMENT

Youth-Led Prevention

In the fall of 2019, we kicked off a pilot school-based youth-led prevention program for middle school boys in Evergreen and Pike Delta York School districts. Youth-Led Prevention (YLP) is a program that develops knowledge, skills, and attitudes to create positive change within their communities. The program is very similar to our community-based YLP Youth Advisory Council (YAC). Our group utilized the seven steps of the Strategic Prevention Framework (SPF) to tackle their pressing issue utilizing collective activities, leadership skills, collaborations and similar interests to create community change!

The YLP program was created in partnership with Fulton County Schools and Fulton County Job & Family Services.



The YAC program was created in 2010.

Youth Advisory Council (YAC)

YAC is a youth-led prevention group of approximately 50 Fulton County high school students. This group is headed by a youth Leadership Board that assists in planning and directing the group. Members meet twice a month to strengthen their YLP and leadership skills. Youth utilize the SPF process to define a specific community problem. In 2019 YAC continued their work to reduce the number of youth that use vape products. Youth work together to create and implement solutions. Youth also participate in state and national level conferences.



COMMUNITY EDUCATION AND ENGAGEMENT



In May of 2007, a group of Fulton County professionals gathered to discuss concern over the high levels of underage binge drinking. This led to the application for the Drug Free Support Program and the further development of the community coalition known as HC3.

HC3: Healthy Choices Caring Communities

HC3 is a Fulton County community coalition working to reduce underage substance use. Data from our local Health Status Report helps us to prioritize issues facing our youth and determine evidenced-based strategies to address those issues through a wide variety of activities and events.

Wauseon Council passed an ordinance banning tobacco in all of the village parks in 2017.



On May 12, 2019, HC3 instituted Fulton County Rising Day, engaging local individuals, organizations and businesses to wear Rise Up shirts and hand out materials to build awareness. The Show Us How You Rise Selfie Contest took place in the fall of 2019 and invited individuals, organizations and businesses to share how they positively impact youth. This campaign continues into 2020 with additional youth focused activities.

Selfie Contest Entries



COMMUNITY EDUCATION AND ENGAGEMENT

Fulton County Safe Communities was created in 2012 through the Ohio Traffic Safety Office grant. It established a partnership between law enforcement, local governments, schools, businesses, the Health Department, and community organizations, creating awareness and prevention of death and injuries caused by traffic crashes.

Safe Communities

The current seat belt usage rate for Fulton County is 93.3%.

Safe Communities works together with the community to promote traffic safety and program goals through the following strategies: fatal crash reviews, statistical analysis, and increasing traffic safety counter measures.

During 2019, Fulton County Safe Communities reviewed five fatal crashes, resulting in eight fatalities, to identify counter measures. Sixty percent of reviewed crashes involved an unbelted driver or passenger, which determined the need for continued education for seat belt usage through social media and community events. Fulton County Safe Communities partners with local law enforcement highlighting the *Click It or Ticket* and *Drive Sober or Get Pulled Over* campaigns.



All new passenger cars had some form of seat belt in 1964, shoulder belts were required in 1968, and integrated lap and shoulder belts in 1974.

In the past 100 years, motor vehicle fatalities have been reduced by 90 percent.



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