

New County Health Rankings show Defiance County is ranked 19th in the State of Ohio for Health Outcomes (Overall Health) and 33rd for Health Factors.

HEALTH FACTORS INCLUDE THINGS IN OUR COMMUNITY AND IN OUR BEHAVIOR THAT WE HAVE THE ABILITY TO CHANGE

[Learn More at: countyhealthrankings.org/app](https://countyhealthrankings.org/app)

Memorial Day

SAFETY TIPS

- Be well rested and alert, use your seat belts, observe speed limits and follow the rules of the road.
- If you plan on drinking alcohol, designate a driver who won't drink.
- Give your full attention to the road.
- Avoid distractions such as cell phones.

WHAT ARE YOUR COPING SKILLS?

Gym Session

Talk

Hike

Run

Journal

Pray

According to the Defiance County Community Health Assessment, 28% of youth and 11% of adults felt sad or hopeless for every day for 2 weeks or more, during the year.

[Learn ways to cope with life's stressors](#)

CONSIDER THIS...



Everyone needs physical activity to stay healthy and physical activity can make daily life better. Visit health.gov/moveyourway to make a plan



SUN SAFETY

You can work and play outside without raising your skin cancer risk by protecting your skin from the sun

UV rays can damage skin cells and are strongest between 10am and 4 pm

Use a broad spectrum sunscreen that blocks UVA and UVB ray and has an SPF of 15 or higher

Along with sunscreen, use shade, clothing, hats, and sunglasses to reduce risk from UV rays