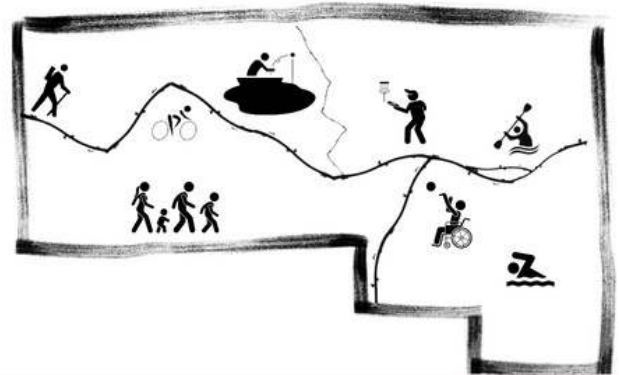


During the last POWER Defiance County Meeting, coalition members brainstormed ideas for physical activity campaigns. According to the last Defiance County Community Health Assessment, almost three-fourths (72%) of Defiance County adults were overweight or obese based on Body Mass Index (BMI). More than half (51%) of adults engaged in some type of physical activity or exercise for at least 30 minutes on 3 or more days per week.

What are some physical activities you like to do, either by yourself or with family and friends? Try to be intentional as we move into fall by focusing on increasing your physical activity.

#DefianceCountyMovesBetterTogether

Defiance County Moves Better Together



CRIBS FOR KIDS

HELPING EVERY BABY SLEEP SAFER

- Free portable crib
- Provides a safe sleep environment for infants
- Education on safe sleep practices
- Defiance County residents
- 32 weeks pregnant or infants 12 months and younger
- WIC participant **OR** meet WIC eligibility guidelines



If you or someone you know is eligible for either of these programs, contact Defiance County Public Health

OHIO BUCKLES BUCKEYES

CAR SEAT PROGRAM

- Free car seat
- Increases the availability of child safety seats for families who could not otherwise afford them
- Increases correct installation and proper use of child safety seats
- Defiance County residents
- WIC participant **OR** meet WIC eligibility guidelines



Share your health journey with the hashtag #defcohealth



Preventing Suicide Through Education & Awareness

MYTH: Young people die by suicide more often than middle age or older adults.

FACT: In Ohio, adults 25-44 had the highest rate of suicide, followed by adults 45-64.

MYTH: Women die by suicide at higher rates than men.

FACT: In 2019, the number of males who died by suicide was higher than females with males accounting for 79.13% of all suicide deaths in Ohio.

MYTH: Big cities have a higher rate of suicide that rural areas.

FACT: Suicide rates are higher in rural America than in urban American. In 2019, Defiance County had the same rate of death by suicide as Cuyahoga, Hamilton, & Franklin counties (12 deaths per 100,000 residents per year).



If you or someone you know is struggling with thoughts of suicide call or text 988 or call the local crisis hotline: 800-468-4357 or Text 4Hope to 741741