



# Barry-Eaton District Health Department

Be Active • Be Safe • Be Healthy

## COMMUNITY HIGHLIGHTS

April 2018

### YOU'RE INVITED!

#### Monthly Coalition Schedule

- B. Healthy Coalition, April 9<sup>th</sup>, 8:30–9:30 am, BEDHD, Hastings
- Eaton Rapids Health Alliance, contact [alynch@bedhd.org](mailto:alynch@bedhd.org)
- Barry County Tobacco Reduction Coalition, April 23<sup>rd</sup>, 12:30–1:30 pm, BEDHD, Hastings
- Eaton County Oral Health Coalition, April 5<sup>th</sup>, 1:00–2:00 pm, BEDHD, Charlotte

### HEALTHIEST NATION 2030: CHANGING OUR FUTURE TOGETHER

In the first week in April, we celebrate National Public Health Week (NPHW). This observance “brings together everyone to join the fight for healthier communities and cities and a healthier nation,” because we all have a role to play in improving public health. This community focus led to this year’s theme: “Healthiest Nation 2030: Changing Our Future Together.” Visit our Facebook page (BarryEatonHealth) each day during this week to see what public health topics need our (and your!) attention. And, of course, every day of NPHW will be a day to celebrate, recognize, and honor the contributions of America’s public health workers. See [www.nphw.org](http://www.nphw.org) for more information.

### KINDERGARTEN HEARING AND VISION SCREENING

Kindergarten round-ups are here! Before entering kindergarten, all students are required by the State of Michigan to have hearing and vision screening. BEDHD provides FREE hearing and vision screening for children of this age at certain school-organized events. Call your school registrar’s office to make your child’s appointment.

### *Need Dental Care? Visit MCDC!*

*My Community Dental Centers (MCDC) offers dental services to those who have Medicaid, MICHild, the Healthy Michigan Plan, and private insurance, as well as to those who don’t have insurance. MCDC sees both children and adults. Its services include oral exams and cleaning, fillings, tooth removal, dentures, and more. Call (877) 313-6232 for more information about services near you or visit <http://mydental.org>. The clinics closest to Barry and Eaton counties are at 4700 Kalamazoo Ave SE, Suite 200, in Kentwood, and at 623 Courthouse Dr. in Charlotte.*

### PLANNING ON GETTING BABY ANIMALS THIS SPRING?

Chicks, ducklings, and other animals are cute and can teach children about nature and responsibility, but they can also carry harmful germs (including salmonella!). Here are a few ways to protect yourself and your family from the germs that animals can carry— for more information on staying healthy around animals (including farm animals, guinea pigs, and other pets), see <https://www.cdc.gov/healthypets/pets/>.

- Wash your hands thoroughly with soap and water right after touching animals and their food and water dishes or other equipment. Use hand sanitizer with at least 60% alcohol if soap and water are not available.
- Don’t snuggle, kiss, or touch your mouth to chicks or ducklings.
- Children under 5 years of age should avoid touching baby chicks and ducklings completely; if allowed to do so, they should be under strict supervision. Don’t give live baby chicks and ducklings to young children as gifts.
- Pregnant women, immune-compromised persons, and persons with HIV/AIDS should take extra precautions when handling pets.





## Contact Us

For more information on items in this newsletter, contact Abigail Lynch, Community Health Promotion Specialist, at (517) 541-2644 or [alynch@bedhd.org](mailto:alynch@bedhd.org).

## APRIL 21–28 IS NATIONAL INFANT IMMUNIZATION WEEK

National Infant Immunization Week (NIIW) brings attention to the importance of vaccines in protecting infants from diseases. Vaccines are one of the most successful and cost-effective public health tools to prevent disease and death. They not only help protect vaccinated individuals but also whole communities by preventing and reducing the spread of infectious diseases. Immunization is a shared responsibility: families, healthcare professionals, and public health officials must work together to help protect everyone. BEDHD provides all childhood immunizations for youth under age 18. For families unable to pay, the Vaccines for Children (VFC) program provides vaccines at no or low cost. BEDHD also accepts Medicaid (e.g., MICHild, Healthy Kids) insurance. Call us at (517) 541-2630 (Eaton County) or (269) 945-9516 (Barry County) to set up an appointment!

## EATON COUNTY HEPATITIS A CLINICS

BEDHD is holding two community hepatitis A vaccination clinics for individuals considered to be at high risk for hepatitis A. Hepatitis A is a serious, contagious liver disease. In Eaton County since December 2017, 5 individuals have gotten hepatitis A, and 1 individual has died. High-risk groups include people who use illegal drugs, people who have recently been incarcerated, men who have sex with men, people with chronic liver disease, and people who are homeless or move around a lot. Any individual who falls into one (or more) of these risk groups can be vaccinated against hepatitis A **for free** at the following clinics:

- **April 5th @ 6pm** at the Real Life Church, 1848 S. Cochran Road, Charlotte, MI (this clinic takes place before the Families Against Narcotics monthly meeting)
- **April 12th @ 10am** at the Eaton Clothing and Furniture Center, 135 S. Washington St, Charlotte, MI (this clinic takes place during the center's food distribution day)

In addition to these clinics, anyone who wants to be vaccinated against hepatitis A can walk in to BEDHD's Charlotte office M–F, 8am–5pm, and W, 5–7pm. To be vaccinated at BEDHD's Hastings office, call (269) 798-4133 to make an appointment.

## ALIVE'S PROFESSIONAL SPEAKER SERIES: WOMEN'S HEALTH

On April 16, 5:30–6:30pm, women can head to ALIVE in Charlotte to learn about a variety of health topics relevant to all ages, including incontinence/pelvic floor, bone density, and heart health. This event is free, and refreshments are provided for those who pre-register by Thursday, April 12. To register, call (517) 541-5800, opt. 1.

## DO 1 THING: MONTHLY EMERGENCY PREPAREDNESS ACTIVITY

**Food.** In a disaster, you might not be able to leave your home or travel, and you might not have power. These situations can make getting or preparing food difficult. It's important to keep a three-day emergency food supply in your home in case you can't make it to the store or cook. Aim for a balance of items from all the food groups and choose items that don't need to be cooled or heated and that don't use a lot of water (canned vegetables, protein bars, etc., are good choices). Make sure you check expiration dates regularly so that you can use and replace items before they go bad. Also make sure your emergency supply takes into account any special dietary needs your household has. If you do lose power, there are steps you can take to help keep your refrigerated and frozen food safe for longer. To learn more about this and other ways to prepare for an emergency, visit <http://do1thing.com>.

## TRANSFORMING BARRY COUNTY INTO A "BLUE ZONE"

The mission of the B. Healthy coalition is to foster an active, healthy community by creating policy and environmental changes that make the healthy choice the easy choice for all Barry County residents. In March, B. Healthy held a community forum to discuss transforming Barry County into a "Blue Zone." Blue Zones are geographical locations where people, on average, live to be older than 100. Learn more about Blue Zones at <https://www.bluezones.com/>. If you're interested in learning more about Barry County's Blue Zones effort, contact Lauren Cibor, BEDHD community health promotion specialist, at [lcibor@bedhd.org](mailto:lcibor@bedhd.org).