



Barry-Eaton  
District  
Health  
Department

## COMMUNITY OUTREACH HIGHLIGHTS March 2016

**Emergency Preparedness: Sheltering** In a disaster you may be asked to either evacuate or shelter-in-place. In the excitement of an emergency, it can be difficult to focus on what you are doing. Know what to do to keep your family safe. Practice your tornado and fire safety plans. If your family has practiced, they will be more comfortable doing it when the emergency actually happens. For information about preparing yourself for an emergency, visit <http://do1thing.com>.



**Kindergarten Round-Up** is just around the corner! Students entering kindergarten are required to show proof of these vaccinations: 4 doses of **DTaP** (Diphtheria, Tetanus, Pertussis); 4 doses of **Polio**; 2 doses of **MMR** (Measles, Mumps, Rubella); 2 doses of **Varicella** (Chickenpox); and 3 doses of **Hepatitis B**. Keep your children healthy by protecting them from vaccine-preventable diseases. Contact your health care provider or call the BEDHD Immunization Clinic at: Barry County (269) 945-9516 or Eaton County (517) 541-2630.

### ***Building Bridges for Health***

BEDHD received a grant through the Michigan Department of Health and Human Services on Sun Safety and Skin Cancer. One of the objectives within the grant includes working with schools on incorporating a sun safety curriculum. Maple Valley Junior High and Hastings High School have adopted this pilot program! Students will now receive education on sun safety that also includes tanning beds, skin cancer and policy changes.

**Savor the Flavor of Eating Right** National Nutrition Month<sup>®</sup> is a nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits. For more information visit <http://bit.ly/1PPa0Dx>.

**In-Home Help for Chronic Health Problems** Pathways to Better Health is a FREE in-home visiting program for Medicaid, Medicare, or Healthy Michigan enrollees in Barry and Eaton County. A Community Health Worker assists clients in finding primary care and preventative health care services as well as linking clients with needed community services. For more information about Pathways to Better Health, please call (866) 291-8691 or visit [www.carehubihp.org](http://www.carehubihp.org).



**Women, Infants and Children (WIC)** This program is available to women who are pregnant, breastfeeding, or who recently had a baby; infants; and children until their 5<sup>th</sup> birthday. The program provides electronic benefits to purchase healthy foods, nutrition education, and individual counseling with a Registered Dietitian, breastfeeding education and support, and referrals to other health and social services. To see if you qualify, call Eaton County 517-541-2630 or Barry County 269-945-9516.

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**Are You Up-to-Date on Adult Immunizations?** Ensuring adults are up-to-date on recommended vaccines is essential to health and well-being. Did you know that the Barry-Eaton District Health Department carries a limited number of publicly-funded vaccines for adults? Adults without insurance coverage may qualify for reduced cost Shingles, Tdap, and Hepatitis vaccines. Contact the Immunization Clinic for more information at 269-945-9516 ext. 134 or 517-541-2630.

**Planning on Getting Baby Animals for Easter?** Here are a few steps to protect yourself and your family from germs that animals can carry: Wash your hands thoroughly with soap and water right after touching animals, their food, water dishes or other equipment. Use hand sanitizer with at least 60% alcohol if soap and water is 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 it 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 choosing and handling pets. For more information on poultry visit <http://1.usa.gov/1D2lqDC> and for small mammals <http://1.usa.gov/1VkJiyL>.

**You're Invited to Attend:**

- ECSAAG-Tobacco Reduction Coalition, March 12<sup>th</sup>, 8:30-9:30 am, Eaton RESA, Charlotte
- Eaton Good Food, March 16<sup>th</sup>, 4:00-5:30 pm, MSUE Basement Conference Room, Charlotte
- Barry County Tobacco Reduction Coalition, March 17<sup>th</sup>, 12:30-1:30 pm, BEDHD, Hastings
- Grand Ledge Building Healthy Communities Coalition, March 22<sup>nd</sup>, 9:00-10:00 am, Rm 107, Sawdon Building, Grand Ledge
- B. Healthy Coalition, March 23<sup>rd</sup>, 1:00-2:30 pm, Pennock Board Room - 2nd Floor Medical Arts Building 1009 W. Green Street, Hastings

**March 16<sup>th</sup> is Kick Butts Day**, which is a day of activism that empowers youth to stand out, speak up and seize control against Big Tobacco. Join Barry County youth and community members of all ages at the skate park in Hastings from 4:00-6:00 pm to check out the graffiti wall mural, chat about tobacco, take pictures, and eat hot dogs! If you're in Charlotte on March 16<sup>th</sup>, be sure to check out the stickers that will be on the cups at the local Biggby! Visit <http://www.kickbuttsday.org/> for more information.

**American Diabetes Association Alert! Day March 22<sup>nd</sup>** Diabetes is the 7<sup>th</sup> leading cause of death in the United States, with 29.1 million Americans (9.3% of the population) currently afflicted with diabetes. You can be part of the movement to Stop Diabetes by taking the Diabetes Risk Test to find out your risk for developing type 2 diabetes. See more at: <http://bit.ly/1U8oh3x>.



**Looking for Outdoor Winter Activities? Check Out These Websites**

1. Eaton County Parks and Recreation Commission- <http://bit.ly/1QaETb6>
2. Barry County Parks and Recreation- <http://bit.ly/20qRBC7>
3. Paul Henry Thornapple Trail- <http://bit.ly/1muThgp>

For more information, contact Jill Sambaer, Community Health Promotion Specialist  
517-541-2610 or [jsambaer@bedhd.org](mailto:jsambaer@bedhd.org).

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