



# Barry-Eaton District Health Department

Be Active • Be Safe • Be Healthy

## COMMUNITY HIGHLIGHTS

March 2017

### YOU'RE INVITED!

#### Monthly Coalition Schedule

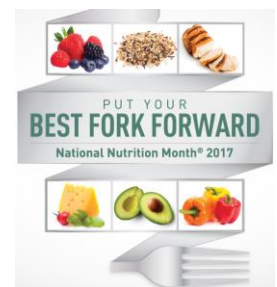
- B. Healthy Coalition, March 13<sup>th</sup>, 8:00–9:00 am, BEDHD, Hastings
- Eaton Rapids Health Alliance, March 21<sup>st</sup>, 3:30–5:00 pm, Basement Conference Room, Eaton Rapids Medical Center, Eaton Rapids
- Barry County Tobacco Reduction Coalition, March 16<sup>th</sup>, 12:30–1:30 pm, BEDHD, Hastings
- Grand Ledge Building Healthy Communities Coalition, contact [lwagner@bedhd.org](mailto:lwagner@bedhd.org)
- Eaton County Oral Health Coalition, March 2<sup>nd</sup>, 1:00–2:00 pm, BEDHD, Charlotte

### KINDERGARTEN ROUND-UPS

Kindergarten Round-Ups are 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. To get your children vaccinated, contact your health care provider or call the BEDHD Immunization Clinic at (269) 945-9516 (Barry County) or (517) 541-2630.

### PUT YOUR BEST FORK FORWARD

March is National Nutrition Month®, the time every year to return to the basics of healthful eating. For 2017, the Academy of Nutrition and Dietetics encourages everyone to put their best fork forward. *How much* you eat is just as important as *what* you eat. Start with small



changes to your eating habits—one forkful at a time. Your healthy eating plan should include vegetables, fruits, whole grains, fat-free or low-fat dairy, and lean proteins. Learn more at <http://www.eatright.org/>.

### Children's Special Health Care Services

*Children's Special Health Care Services (CSHCS) is a program that provides financial assistance to families of children and some adults with special health needs, regardless of their income or insurance status. CSHCS helps families with insurance costs and specialty medical bills for more than 2,700 severe, chronic health conditions, such as asthma, heart disease, hemophilia, immune disorders, and cystic fibrosis. There is an income-based fee for the program; this fee is waived for children covered by Medicaid or MICHild. For more information, call BEDHD Barry County at (269) 945-9516 or Eaton County at (517) 541-2696.*

### CERVICAL CANCER PREVENTION AND SCREENING

All women are at risk for cervical cancer. The good news is that it is very preventable through screening and vaccination against human papillomavirus (HPV), a sexually transmitted virus that can cause cervical cancer. To help prevent cervical cancer, follow these steps: get the HPV vaccine; use condoms; don't smoke; and see your doctor regularly for a Pap test. To find out where to get screened and if you qualify for a free or low-cost Pap test, call (800) 922-6266.

### YOUTH HEARING AND VISION SCREENING

BEDHD is hosting a free Hearing and Vision Screening Clinic at its Charlotte (Eaton County) and Hastings (Barry County) offices on Friday, March 24, 8:30 am–12 pm. All preschool and school-age kids are welcome **by appointment only**. Call the clinic at (517) 541-2630 (Eaton) or (269) 945-9516, ext. 4133, (Barry) to schedule your appointment today!



## 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).

## SUN SAFE CONTEST 2017

Last year, BEDHD held a “Sun Safe” contest for 15–29 year olds to develop a public service announcement (PSA) video promoting sun safety. The winner of this contest had her ad featured in a local movie theater. This year, BEDHD is hosting a similar contest, but instead of creating a video, we are asking 15–29 year old Barry and Eaton County residents to design a billboard advertisement promoting sun safe behavior. The winners (one in each county) will have their design featured on a local billboard and will each receive a \$500 scholarship. Please contact Lauren Cibor at [lcibor@bedhd.org](mailto:lcibor@bedhd.org) or (517) 541-2624 for more information.

## TICK SEASON HAS BEGUN

Due to the warm weather we’ve been having, ticks are already active in Michigan. Barry County residents and visitors should be aware that Lyme disease is considered “established” in Barry County, meaning that humans have acquired cases locally or that local animals carry the Lyme bacteria. Eaton County, while not having reported local cases, is considered to be

at-risk because it is next to four “established” counties. For information about Lyme disease and prevention, visit <https://www.cdc.gov/lyme/>.

## DO 1 THING: MONTHLY EMERGENCY PREPAREDNESS ACTIVITY

**Sheltering.** Some disasters require that you leave your home or go to a special area in your home to remain safe. Know how to respond safely when instructions are given to evacuate or take shelter. Practice your fire safety and tornado plans. Identify the best storm shelter in your home and practice going there with your family. Learn how to “shelter in place” in case of a chemical emergency. Make sure that you have an emergency go-kit. For more information, visit <http://do1thing.com>.

## ARE YOU AT RISK FOR DIABETES?

American Diabetes Association Alert Day takes place on March 28th. This day is a “wake-up call” to inform the American public about the seriousness of diabetes. Find time to take Type 2 Diabetes Risk Test and to learn about your family’s history of diabetes. These activities can help you find out if you are at risk of developing type 2 diabetes. Learn more about your risk and how to lower it and take the test here: <http://bit.ly/1oaGa0Z>.

## WINTER WARM-UP 5K

Have fun getting fit with the Blue Cross® Winter Warm Up! Meet up with friends and family and join in on this great way to meet your 2017 health goals. For more information on the free Couch to 5K Training Program and the Goal Event—a 5K walk/run—on March 26<sup>th</sup> in Lansing, visit <http://bit.ly/2IEsnEB>. To register for the Winter Warm Up, visit <https://runsignup.com/2016winterwarmup>. All are welcome.

## PLANNING ON GETTING BABY ANIMALS FOR EASTER?

Here are a few ways to protect yourself and your family from germs (including salmonella!) that animals can carry—for more information on staying healthy around animals (including farm animals, guinea pigs, and other pets), visit <https://www.cdc.gov/healthypets/pets/index.html>.



- 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.