



Barry-Eaton  
District  
Health  
Department

## COMMUNITY OUTREACH HIGHLIGHTS April 2016

**Emergency Preparedness: Food** In a disaster, it can be difficult or impossible to get food immediately. To be ready for an emergency, make sure you have enough food on-hand to last your household for three days. You can use a large plastic bin or similar container to hold a food supply, or make sure that the food in your cupboards is quickly replaced when it runs out. Plan to have a healthy variety of food that can be stored without refrigeration and eaten without cooking, such as boxed and canned goods. If someone in your home has dietary restrictions, take those into account. For more information about preparing yourself for an emergency, visit <http://do1thing.com>.



**Kindergarten Round-Up Time is Here** Hearing and Vision screening is mandated by the State for all kids before entering kindergarten. The Barry-Eaton District Health Department provides FREE vision and hearing screening for children of this age at school organized Kindergarten Round-ups. Call your school registrar's office to make your child's appointment.

### ***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.

**County Health Rankings Released** National County Health Rankings have been released, and Barry and Eaton counties are among the top in the state! Out of the 83 counties in Michigan, Barry ranks at 10 and Eaton at 18 for overall healthiness, based on length and quality of life. For health factors, which influence overall county health and are based on health behaviors, clinical care, and the social/economic and physical environment, Barry ranks at 18 and Eaton at 15. For more information and to see how specific factors such as smoking, education, and pollution affect our counties' health, visit <http://www.countyhealthrankings.org/>.

**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).

Visit Our Website at [www.barryeatonhealth.org](http://www.barryeatonhealth.org) or Like Us On Facebook  
[www.facebook.com/barryeatonhealth](https://www.facebook.com/barryeatonhealth)



**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.

**You're Invited to Attend:**

- ECSAAG-Tobacco Reduction Coalition, April 12<sup>th</sup>, 8:30-9:30 am, Eaton RESA, Charlotte
- Grand Ledge Building Healthy Communities Coalition, April 20<sup>th</sup>, 12:00-1:00 pm, Chamber of Commerce Office, 220 S. Bridge St., Grand Ledge
- Barry County Tobacco Reduction Coalition, April 21<sup>st</sup>, 12:30-1:30 pm, BEDHD, Hastings
- B. Healthy Coalition, April 27<sup>th</sup>, 1:00-2:30 pm, Pennock Board Room - 2nd Floor Medical Arts Building 1009 W. Green Street, Hastings
- Eaton Good Food, April 27<sup>th</sup>, 4:00-5:30 pm, MSUE Basement Conference Room, Charlotte

**National Alcohol Awareness Month** According to the 2011–13 BEDHD Behavioral Risk Factor Survey, more than 11% of Barry and Eaton county adults binge drank one or more times and more than 3% reported heavy drinking in the month preceding the survey. This month, the National Council on Alcoholism and Drug Dependence (NCADD) aims to increase understanding and reduce the stigma around alcoholism and alcohol-related problems. The theme this year, “Talk early, talk often: parents can make a difference in teen alcohol use,” encourages parents to actively educate their children about alcohol and its dangers. For more information, visit <https://www.ncadd.org/>.

**April 16–23 Is Infant Immunization Week** This National observance highlights the importance of protecting infants from vaccine-preventable diseases and celebrates the achievements of immunization programs in promoting healthy communities. Giving babies the recommended immunizations by age two is the best way to protect them from 14 serious childhood diseases, like whooping cough and measles. Parents are encouraged to talk to their child’s doctor to ensure that their baby is up-to-date on immunizations.



**Walking Group Toolkit** Looking for a way to get your workplace or neighborhood involved in a walking program? The Capital Area Health Alliance (CAHA) has developed a Walking Group Toolkit to help you get started. With tools to organize and promote your walking group; a checklist to help plan your walks; and support from CAHA and other walking group leaders; the Toolkit helps establish a sustainable, effective and motivational walking group. For more information and to download the toolkit, visit the CAHA website <http://capitalareahealthalliance.org/>

**Recycle Rama** April 16<sup>th</sup>, 9am-2pm, Ingham County Health Department, 5303 S. Cedar, Lansing. Get rid of junk! TVs & Monitors - \$20 fee per item; NO CHARGE for CPU's, Modems, Keyboards, Mice, Speakers, Circuit Boards, VCR, DVD, Telephones, Cellphones, Books, Clothing, Unwanted Medicine, etc. For a full list of what is accepted visit <http://bit.ly/1PtotUn>. Barry County Household Hazardous Waste Collection will take place May 7<sup>th</sup> at the Barry County Fairgrounds. Look for an update soon at [www.barryeatonhealth.org](http://www.barryeatonhealth.org)

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

Visit Our Website at [www.barryeatonhealth.org](http://www.barryeatonhealth.org) or Like Us On Facebook  
[www.facebook.com/barryeatonhealth](https://www.facebook.com/barryeatonhealth)