



**Barry-Eaton
District
Health
Department**

COMMUNITY OUTREACH HIGHLIGHTS December 2015

National Drunk and Drugged Driving Month Barry-Eaton District Health Department is encouraging people to take steps to ensure their holiday celebrations do not end in tragedy.

- Choose a sober driver before the celebrations begin; plan a way to get home safely for the night's end.
- If you are impaired, call a taxi, phone a sober friend or family member, or use public transportation.
- Be responsible. If someone you know is drinking, do not let that person get behind the wheel.
- If you see an impaired driver on the road, contact law enforcement. Your actions may save someone's life, and inaction could cost a life.



For more information on *Buzzed Driving is Drunk Driving*, please visit www.TrafficSafetyMarketing.gov.

Building Bridges for Health

In November, over 40 Hastings city leaders and community members gathered for a Focused Conversation to discuss the health needs of the community. The B. Healthy Coalition, led by Sparrow-Pennock Hospital and the Barry-Eaton District Health Department, facilitated the presentation and discussion. The group reached consensus on priority health concerns to be addressed by the B. Health Coalition in 2016, which included: Understanding (of the under-served population in the community), Education, Activity, and Community.

Do You Have a Child that has a Severe or Chronic Health Condition? Children's Special Health Care Services (CSHCS) helps pay for medical expenses, even if you have insurance. CSHCS helps coordinate and pay for hospital and outpatient medical specialty care. Help may be available for travel expenses related to a child's medical care. Local program staff work with families to ensure that their child receives the very best care. The child's medical condition, not family income, determines if qualification for CSHCS. For information, call Eaton County, (517) 543-2430 or Barry County, (269) 798-4115. Local program details can be found by visiting <http://bit.ly/1JQaPb6>.

Have You Gotten Your Flu Shot? National Influenza Vaccination Week (Dec. 6-12). CDC recommends a yearly flu vaccine for everyone 6 months of age and older as the first and most important step in protecting against influenza disease. For more information, visit <http://www.cdc.gov/flu/nivw/>. For help finding flu vaccine near you, visit <http://vaccine.healthmap.org>.

Prevention for Shingles The shingles vaccine is a safe and easy, one-time shot that may keep you from getting shingles. Almost 1 out of every 3 people in the United States will develop shingles in their lifetime. All Medicare Part D plans and most private health insurance plans will cover the cost; check your insurance plan to make sure. To make an appointment for the vaccine, call our offices. Eaton County 517-541-2630. Barry County 269-798-4133.

Join the Conversation in Your Community

12/8-ECSAAG-Tobacco Sub-committee

8:30-9:30 am, Eaton County RESA

12/15-Eaton Rapids-Building Healthy Communities

3:30-5 pm, Eaton Rapids Medical Center (Conf. Rm.)

Visit Our Website at www.barryeatonhealth.org or Like Us On Facebook

www.facebook.com/barryeatonhealth

Holiday Food Safety Many people prepare food for and bring food to meals and celebrations. It is important to protect yourself and your family from food poisoning. Follow these four easy steps to keep food safe:

<p><u>Cook: Cook to the right temperature</u></p> <ul style="list-style-type: none"> • Use a food thermometer to make sure your food is heated high enough to kill bacteria • Keep food hot after cooking (at 140°F or above) • Microwave food to 165°F or higher 	<p><u>Clean: Wash hands and surfaces often</u></p> <ul style="list-style-type: none"> • Wash hands for 20 seconds with soap and running water • Wash surfaces and utensils after each use • Wash fruits and vegetables, but not meat, poultry, or eggs
<p><u>Chill: Refrigerate promptly</u></p> <ul style="list-style-type: none"> • Refrigerate perishable foods within two hours • Never thaw or marinate foods on the counter • Know when to throw foods out (visit http://1.usa.gov/1kzcOaN) 	<p><u>Separate: Don't cross-contaminate</u></p> <ul style="list-style-type: none"> • Use separate cutting boards and plates for produce and for meat, poultry, seafood, and eggs • Keep meat, poultry, seafood, and eggs separate from all other foods in your grocery bags and in the refrigerator

For more information about keeping your food safe, visit <http://1.usa.gov/1j0V2RO>.

The 2015 Healthy! Capital Counties Community Health Profile & Health Needs Assessment is now available!

This report measures Clinton, Eaton, and Ingham counties in multiple areas that affect health, including Opportunity Measures; Social, Economic, and Environmental Factors; Behaviors, Stress, and Physical Condition; and Health Outcomes. Findings from this report will be used to prioritize health issues to be addressed in the next few years. View the full assessment, along with a summary of important findings from the report, online at <http://www.healthycapitalcounties.org/2015-report.html>.

Emergency Preparedness: December First Aid An emergency can happen at any time and any place. Many public places have a first aid kit, oxygen, or an AED (automated external defibrillator) to treat people. For information about preparing yourself for an emergency, visit <http://do1thing.com>.

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. Community Health Workers assist clients in finding primary care and preventative health care services, as well as linking clients with needed community services. For more information, please call (866) 291-8691 or visit <http://bit.ly/1MOZH0v>.

Time to Review or Apply for Health Insurance Marketplace Open Enrollment is November 1, 2015 through January 31, 2016. Visit www.healthcare.gov to renew or choose a new health plan. For local in-person help, call Lisa at 517-541-2696.

Need Ideas to Keep Your Family Active? Check Out These Local Websites

1. Eaton County Parks and Recreation Commission <http://bit.ly/1fIA7jW>.
2. Charlton Park <http://www.charltonpark.org/>
3. Delta Township Parks and Recreation <http://bit.ly/1Sbve0Z>

For more information, contact Shelli Smith, Community Health Specialist, 517-541-2644 or ssmith@bedhd.org.

