



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 by local health departments and hospital systems in the tri-county area 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>.

Building Bridges for Health

Congratulations to the Village of Middleville for their recent adoption of a **Complete Streets resolution!** Proactive Village leaders and community members diligently educated the community about Complete Streets and approved a Complete Streets Resolution. For information about Complete Streets, visit <http://bit.ly/1qj3SZc>.

Are You Prepared? Great American Smokeout is November 19th! The American Cancer Society encourages smokers to use this date to make a plan to quit, or to plan in advance and quit smoking that day. By doing so, smokers will be taking an important step towards a healthier life – one that can lead to reducing cancer risk. For tobacco cessation resources, visit <http://bit.ly/1MvYOzt>

Are You Drinking Safe Water? Will Your Septic System Stand the Test of Time? For more information about these Well Water and Septic System questions and more, check out BEDHD's new Well and Septic Maintenance fact sheets at <http://bit.ly/1MhjZBL>

Join Us in Barry County

11/19-Barry County Tobacco Reduction Coalition
12:30-1:30 pm, BEDHD, Hastings
11/25-B. Healthy Coalition
1-2:30 pm, Pennock Hospital (4th floor Board Rm)



Is Your Family Prepared for Flu Season? Flu is the 8th leading cause of death in the U.S. At highest risk are children under five years of age, pregnant women, people with chronic conditions, and older adults. At the Health Department in Charlotte and Hastings, flu shots and flu-mist are available for children ages 6 months – 18 years of age. Call for an appointment 517-541-2630 or 269-945-9516. For other vaccine locations visit <http://flushot.healthmap.org/>.

Join Us in Eaton County

11/10-ECSAAG-Tobacco Sub-committee
8:30-9:30 am, Eaton County RESA
11/10-Grand Ledge-Building Healthy Communities
9-10 am, Sawdon Building
11/17-Eaton Good Food Council
4-5:30 pm, MSUE Basement
11/18-Eaton Rapids-Building Healthy Communities
3:30-5 pm, Eaton Rapids High School Library

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 to get the vaccine, please call our offices. Eaton County: 517-541-2630. Barry County: 269-798-4133.

Free WORKSITE Quit Smoking Workshops This workshop is for employers and their employees in the Barry and Eaton County area. This FREE program is a no-pressure, one-time workshop that shows your employees how they can be smoke-free. To schedule a quit smoking workshop at your business or organization, contact Jill Sambaer at 517-541-2610 or email jsambaer@bedhd.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 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 www.carehubihp.org.

Breast and Cervical Cancer Screening Services Are you a woman between the ages of 40-64 years in need of breast cancer screening or diagnostic testing? Depending on your income and situation, you MAY QUALIFY for free services through the Michigan Breast and Cervical Cancer Control Program. For more information, please call the BEDHD Clinic at 517-541-2630 or 269-945-9516.

Emergency Preparedness: Emergency Supplies Any emergency is easier to handle when you have prepared ahead of time. Think about what you and your family would need in a disaster. Emergencies can happen anywhere. For information about preparing yourself for an emergency, visit <http://bit.ly/1KBgxxh> or for a kid-friendly version, visit <http://1.usa.gov/1LSH3JK>.



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 5th 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.

Dental Clinic in Charlotte Michigan Community Dental Clinics (MCDC) offers discounted dental services to those who have Medicaid, Delta Dental, and to those who are low income or uninsured through membership in the Michigan Community Dental Plan (MCDP). There are two levels of membership at MCDC. Call 1-877-313-6232 for more information about services near you or visit <http://midental.org/>. Local clinic: 623 Courthouse Dr., Charlotte, MI 48813.

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

1. Charlotte Public Schools Aquatic Center located at 1068 Carlisle Hwy in Charlotte, MI 48813. The Center offers a variety of water and community-enhancing activities for the whole family. For more details, check out their website at <http://registration.swimcharlotte.org/> or visit them on Facebook at www.facebook.com/charlotteaquaticcenter.
2. Eaton County Parks and Recreation Commission-<http://bit.ly/1fIA7jW>.
3. Charlton Park <http://www.charltonpark.org/>
4. Delta Township Parks and Recreation <http://bit.ly/1SbveOZ>



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

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