



# Barry-Eaton District Health Department

Be Active • Be Safe • Be Healthy

## COMMUNITY HIGHLIGHTS

SEPTEMBER 2017

### YOU'RE INVITED!

#### Monthly Coalition Schedule

- B. Healthy Coalition September 11<sup>th</sup>, 8:00–9:00 am, BEDHD, Hastings
- Eaton Rapids Health Alliance, contact [alynch@bedhd.org](mailto:alynch@bedhd.org)
- Barry County Tobacco Reduction Coalition, September 21<sup>st</sup>, 12:30–1:30 pm, BEDHD, Hastings
- Grand Ledge Building Healthy Communities Coalition, contact [lwegner@bedhd.org](mailto:lwegner@bedhd.org)
- Eaton County Oral Health Coalition, September 7<sup>th</sup>, 1:00–2:00pm, BEDHD, Charlotte

### MEDICAID'S IMPACT ON YOUR COUNTY

Medicaid is the nation's public health insurance program for people with low income. Most enrollees lack access to other affordable health insurance. Medicaid provides an important safety net for our community. Here is a county-by-county glimpse at its impact:

**Barry County:** In Barry County, 12.1% of residents are covered by Medicaid, including 42% of children under age 18. Medicaid also provides coverage for about 8% of the employed labor force and 38% of adults not in the labor force (due to retirement or disability).

**Eaton County:** In Eaton County, 12.2% of residents are covered by Medicaid, including 34.6% of children under age 18. Medicaid also provides coverage for 7.5% of the employed labor force and about 36% of adults not in the labor force (due to retirement or disability).

### STUDY SHOWS ECONOMIC AND HEALTH IMPACTS OF VACCINE HESITANCY

A study published by the *JAMA Pediatrics* medical journal in July used mathematical models to examine the public health and public sector economic impacts of a 5% decrease in MMR vaccination due to vaccine hesitancy (not vaccinating due to nonmedical and personal beliefs). The results of this study showed that a decrease of this size would lead to three times as many measles cases per year in the 2- to 11-year-old age group and to a \$2.1 million increase in public sector costs. The authors concluded that "even minor reductions in childhood vaccination, driven by vaccine hesitancy ..., will have substantial public health and economic consequences."<sup>1</sup> In Michigan in 2016, 3.47% of kindergarteners with a vaccine waiver had one due to nonmedical (either philosophical or religious) beliefs.<sup>2</sup>

<sup>1</sup><http://jamanetwork.com/journals/jamapediatrics/article-abstract/2643169>; <sup>2</sup>[http://www.michigan.gov/documents/mdch/School\\_Summary\\_2014\\_483316\\_7.pdf](http://www.michigan.gov/documents/mdch/School_Summary_2014_483316_7.pdf)

### *Women, Infants, and Children (WIC)*

*WIC is a free program for low-income pregnant women, low-income women who have recently given birth, and infants and children up to age five at risk for not getting proper nutrition. WIC helps families, including eligible dads, foster parents and grandparents, eat well and stay healthy by offering nutrition education, breastfeeding support, health care referrals, and free supplemental food. WIC clients can meet with registered dietitians or nurses to get evidence-based nutrition advice for healthy living. WIC also provides benefits for breastfeeding moms and babies, including free breast pumps. Most persons on Medicaid or the Healthy Michigan Plan are eligible for WIC. Call BEDHD to see if you qualify:*

*Barry County: (269) 945-9516 • Eaton County: (517) 541-2630*

### BARRY COUNTY HOUSEHOLD HAZARDOUS WASTE, TIRE, & MEDICINE COLLECTION

Barry County will be holding a household hazardous waste collection on Sept. 23 at the Barry County Fairgrounds, 1350 N. M-37, in Hastings. This collection is supported by the Barry County Solid Waste Oversight Committee with support from the Barry County Fair Board, Waste Management, BEDHD, Barry County Substance Abuse Task Force, Sheriff's Department, and local pharmacies. Call BEDHD Environmental Health at (269) 945-9516 for more information.



## SUICIDE PREVENTION AWARENESS MONTH

Each year, more than 41,000 individuals die by suicide, leaving behind their friends and family members to navigate the tragedy of loss. In many cases, friends and families affected by a suicide loss (often called “suicide loss survivors”) are left in the dark. Too often the feelings of shame and stigma prevent them from talking openly. September is National Suicide Prevention Awareness Month—a time to share resources and stories in an effort to shed light on this highly taboo and stigmatized topic. Visit the National Alliance on Mental Illness’s website (<https://goo.gl/MLZhd>) to learn the warning signs and risk factors for suicide, how to get help for yourself or someone else, how to reduce stigma, and more.

### 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).

## STRUGGLING WITH CHRONIC PAIN? JOIN THE PATH WORKSHOP!

Chronic Pain PATH is a workshop that teaches tools to better self-manage symptoms and side effects as you face the daily challenges of living with painful chronic conditions like arthritis, back pain, fibromyalgia, and others. You choose your own goals to gain a healthy, meaningful lifestyle and feel better. This workshop includes learning safe exercises for maintaining and improving strength, flexibility, and endurance. The workshop is free, and all community members are

welcome. This workshop will be held at Independence Village of Grand Ledge from Oct. 9 to Nov. 13. Classes meet each week, 1:00–3:30 pm. Contact Christine Histed ([517] 887-1450, [histedc@tcoa.org](mailto:histedc@tcoa.org)) for more information or to register.

## DO 1 THING: MONTHLY EMERGENCY PREPAREDNESS ACTIVITY

**Be informed** During an emergency, getting correct information about what’s going on is key to being safe and knowing what to do. Emergency information is broadcast in a number of ways, including through television, radio, and emergency sirens and even over loudspeakers. This month, ensure that your family knows what to do when they hear or see emergency alerts. Consider getting a NOAA emergency weather alert radio. Ensure that everyone your household is able to receive and understand emergency information, especially considering those who are hearing or sight impaired or who don’t speak English. If someone might have trouble understanding emergency information, identify a person that will contact them to keep them informed. For more information visit <http://do1thing.com>.

## JOIN THE BARRY COUNTY B. HEALTHY COMMUNITY COMPETITION

Join the City of Hastings and participate in this two-part competition to help communities in Barry County become healthier! For the first part of the competition, communities that sign a B. Healthy resolution and complete at least three of the seven remaining health-related items will become a “B. Healthy Recognized Community” and receive B. Healthy promo items. The second part of competition is an individual-focused challenge aimed at increasing physical activity. For more information, contact Lauren Cibor, B. Healthy Coalition co-lead, at [lcibor@bedhd.org](mailto:lcibor@bedhd.org).



## LOOKING FOR THINGS TO DO? TRY COOKING MATTERS FOR ADULTS (AGES 55+)!

ALIVE in Charlotte is partnering with MSU Extension to offer a six-week cooking class demo for adults. Cooking healthy yet inexpensive meals, especially those living alone, can be a challenge. Come learn healthy ways to cook and shop. The class will be held each Saturday from 10:00 am to 12:00 pm from Sept. 23 to Oct. 2. Limited to the first 16 people; call (517) 887-4534 to register.

## WHEN TO KEEP YOUR CHILD HOME FROM SCHOOL

As children return to school, remember to keep your child home from school or childcare when they are sick to reduce the spread of illness. A child should be fever free without the use of fever-reducing medications for 24 hours before returning to school or childcare. A child with vomiting or diarrhea should remain home for 24 hours following their last episode of vomiting or diarrhea. Contact your primary care provider with any questions or concerns regarding illness.