



Barry-Eaton District Health Department

Be Active • Be Safe • Be Healthy

COMMUNITY HIGHLIGHTS

February 2018

YOU'RE INVITED!

Monthly Coalition Schedule

- **Eaton County Oral Health Coalition**, February 1st, 1–2:00 pm, BEDHD Charlotte
- **B. Healthy Coalition**, February 12th, 8:30–9:30 am, BEDHD Hastings
- **Barry County Tobacco Reduction Coalition**, January 26th, 12:30–1:30pm, BEDHD Hastings
- **Eaton Rapids Health Alliance**, January 27th, 3:30–5:00 pm, Eaton Rapids Medical Center

PREVENT THE SPREAD OF HEPATITIS A

The Michigan Department of Health and Human Services (MDHHS) now includes Eaton County, which has had three cases of hepatitis A since December 2017, as part of the statewide Southeast Michigan Hepatitis A outbreak. Hepatitis A is a vaccine-preventable disease often spread through eating food or drinking water that is contaminated with infected feces or by oral contact with contaminated objects. It can spread easily among people who live together and between sexual partners. Anyone can get hepatitis A, but factors that can put individuals at a higher risk include homelessness or use of transient housing, illicit drug use, and incarceration. Men who have sex with men, sex workers and their clients, and persons with chronic liver disease are also at high risk. The best ways to prevent getting or spreading hepatitis A are to get vaccinated and to wash your hands thoroughly,

especially after using bathroom facilities and before eating or preparing food. To get vaccinated, call your healthcare provider or BEDHD (Barry: [269] 798-4133; Eaton: [517] 541-2630).

Pathways to Better Health

Pathways to Better Health is a free CareHub program that helps adults get access to community services that can help improve health, get linked with primary and preventive care, and reduce unneeded hospital visits. To qualify, you must meet the following criteria: be 18 years or older; have at least two chronic health conditions (e.g., asthma, diabetes, depression, heart disease); have or be eligible for Medicaid, the Healthy Michigan Plan, and/or Medicare; and live in Eaton, Barry, Ingham, Clinton, Gratiot, Montcalm, or Ottawa counties. For more information, see the Pathways website (<http://www.ihpmi.org/carehub-pathways>) or call CareHub at (866) 291-8691 or (517) 336-3777.

FEBRUARY IS NATIONAL CONDOM MONTH

Consistent and correct use of male condoms is the most efficient prevention against STIs in people who are sexually active (though it does not completely eliminate risk). This National Condom Month, visit <https://goo.gl/WLs6e5> to learn about safe sex and correct condom use. Further, to help reduce the rising rates of chlamydia and gonorrhea in Barry and Eaton counties, BEDHD has partnered with local businesses and healthcare providers to distribute free condoms through the Wear One Campaign. Programs like Wear One are proven to increase condom use, prevent the spread of HIV and STIs, and reduce healthcare costs. Adults can stop in at locations displaying the Wear One sticker to pick up a free condoms when the business is open. See a list of partners at <https://www.barryeatonhealth.org/wear-one-campaign>.

TIME OF SALE OR TRANSFER (TOST) PUBLIC INPUT HEARINGS

The Barry-Eaton District Board of Health will hold public hearings on Tuesday, February 20, 2018, 1:00 p.m., at the BEDHD's Hastings office and Wednesday, February 28, 2018, 7:00 p.m., at BEDHD's Charlotte office. These hearings will allow the public to give input on repealing the TOST regulations governing the evaluation and maintenance of on-site sewage systems and on-site water supplies. For more information on the hearings, or to review the full TOST regulations, visit www.barryeatonhealth.org.



MY COMMUNITY DENTAL CENTERS CELEBRATES NATIONAL CHILDREN'S DENTAL HEALTH MONTH

February is National Children's Dental Health Month! This observance brings together dental professionals, healthcare providers, and educators to promote the benefits of good oral health to children, their caregivers and teachers, and many



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.

others. This year's campaign slogan is, "Brush your teeth with fluoride toothpaste and clean between your teeth for a healthy smile". In honor of this observance, My Community Dental Centers' (MCDCs') Charlotte (623 Courthouse Dr.) and Kentwood (4700 Kalamazoo Ave SE, Suite 200) locations are participating in a month-long sweepstakes that gives children 10 years of age and younger the chance to win a bicycle and helmet. See <http://bit.ly/mcdckids> for rules; to enter, stop by either location by Feb. 28th to fill out an entry form. MCDC is also welcoming new patients! Individuals with Medicaid, MICHild, and the Healthy Michigan Plan, as well as individuals with private or no insurance, are welcome. Services include oral exams and cleaning, fillings, tooth removal, and dentures. Call (877) 313-6232 for more information about services near you or visit <http://mydental.org/>.

INTERACTIVE HEART HEALTH EVENT AT ALIVE (CHARLOTTE)

Join Hayes Green Beech and Sparrow Hospital on Thursday, Feb. 15th, 11:30am–1pm, as they host a FREE interactive, educational event featuring presentations by local heart health experts to celebrate American Heart Month. Lunch is included for those who pre-register by Friday, February 9; call (517) 541-5800, opt. 1.

DO 1 THING: MONTHLY EMERGENCY PREPAREDNESS ACTIVITY

Have 3 Days' Worth of Water. Any disaster that affects electricity or power—like ice storms or high winds—can affect your water, whether you have a well on your property or municipal water. You can help ensure that a power outage won't leave you without drinkable water. It is recommended that everyone keep at least 3 days' worth of water on hand for emergencies. Plan for about one gallon per person per day—some of this water can be used for cooking or washing. Store water for pets, too! For more information on getting safe water during a disaster, visit <http://do1thing.com>.

IT'S NOT TOO LATE TO GET A FLU SHOT!

Michigan is experiencing widespread influenza activity, and according to experts at the Centers for Disease Control and Prevention (CDC), flu season is only about halfway over. It's not too late to get a flu shot to help protect yourself and others! Getting a flu shot can help prevent you from getting the flu and, even if you do get the flu, it can make your sickness less severe. Everyone 6 months of age and older should get a flu shot. The sooner, the better—it takes about two weeks after vaccination for the shot to fully protect against influenza. Flu shots are available at BEDHD in Charlotte and Hastings for children 6 months through 18 years. Call for an appointment: (517) 541-2630 (Charlotte) or (269) 945-9516 (Hastings). For other vaccine locations see <http://flushot.healthmap.org/>.

GET MOVING!—WINTER ACTIVITIES TO HELP YOU STAY ACTIVE

Feeling cooped up? Have the winter blues? Just because it's winter doesn't mean you can't get out and play! Going outside and exercising can help, and it's even better when you can combine the two! Check out these fun activities to do before it turns warm:



- **Eaton County:** Eaton County Parks and Recreation offers cross-country ski and snowshoe rental at Fitzgerald Park in Grand Ledge (Mon.–Sat., 10:00 am–5:00 pm; Sun., 12:00 pm–4:00 pm). Call (517) 627-7351 for snow conditions, rental rates, and more information. (Fitzgerald Park also has a sledding hill open from 8:00 am–dusk!)
- **Barry County:** Yankee Springs State Park is hosting Gun Lake's Winterfest is on Feb. 17th—activities include a 5K Fun Run and Polar Dip; see <http://gunlakewinterfest.com/> for more information. In addition, Charlton Parks urges people to come walk their trails, sled, and build snowmen (park hours are 8am–5pm)!