



Barry-Eaton District Health Department

Be Active • Be Safe • Be Healthy

COMMUNITY HIGHLIGHTS

November 2016

YOU'RE INVITED!

Monthly Coalition Schedule

- B. Healthy Coalition, Nov. 14th, 8:00–9:00 am, BEDHD, Hastings
- Eaton Rapids Health Alliance, Nov. 15th, 3:30–5:00 pm, Basement Conference Room, Eaton Rapids Medical Center, Eaton Rapids
- Barry County Tobacco Reduction Coalition, Nov. 17th, 12:30–1:30 pm, BEDHD, Hastings
- Grand Ledge Building Healthy Communities Coalition, Nov. 30th, 12:00–1:00 pm, Chamber of Commerce Office, Grand Ledge
- Eaton County Oral Health Coalition, Nov. 3rd, 1:00–2:00 pm, BEDHD, Charlotte

FLU SEASON IS AROUND THE CORNER

You have the power to protect yourself and your family against flu this season by getting an annual flu vaccine. Everyone 6 months of age and older should get a flu shot. It takes about two weeks after vaccination for the shot to 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 visit <http://flushot.healthmap.org/>.

Hand washing is another great way to prevent the spread of the flu. Wash your hands often, especially before making or eating food; before touching your face or mouth; after using the bathroom; and after blowing your nose, coughing, or sneezing. Use warm water and soap, rub your hands together and scrub all parts of the hand and wrist for 20 seconds, rinse, and use a paper towel to dry. Fight the Flu! Learn more at www.cdc.gov/fightflu.

GREAT AMERICAN SMOKEOUT

Every year, on the third Thursday of November (this year, Nov. 17th), smokers across the nation take part in the American Cancer Society's Great American Smokeout event. Encourage someone you know to use the date to make a plan to quit smoking, or plan in advance and then quit smoking that day. By quitting—even for one day—smokers will be taking an important step toward living a healthier life and reducing their cancer risk. For help quitting, call the Michigan Tobacco Quitline at 1-800-QUIT-NOW (784-8669) or visit <https://michigan.quitlogix.org/>.



Pathways to Better Health

Pathway to Better Health utilizes community health workers to assist adults and children in getting connected to a variety of programs that provide support, guidance, and assistance with navigating health and social service resources to improve health. For more information, call (866) 291-8691.

MARKETPLACE INSURANCE OPEN ENROLLMENT PERIOD—IMPORTANT DATES

- **November 1st, 2016:** Open Enrollment starts. This is the first day you can enroll, re-enroll, or change a 2017 insurance plan through the Health Insurance Marketplace. Coverage can start as soon as January 1st, 2017.
- **December 15th, 2016:** This is the last day to enroll in or change plans for coverage to start January 1st, 2017.
- **January 31st, 2017:** This is the last day to enroll in or change a 2017 health plan. After this date, you can enroll or change plans only if you qualify for a Special Enrollment Period.



STAYING ACTIVE DURING THE COLDER MONTHS

It's getting colder out, but that doesn't mean it's time to put away your exercise clothes for the winter! Our communities have some great indoor resources to help you keep active when it's too cold to go outside. The Hastings Community Education and Recreation Center (<http://hasscerc.weebly.com/>) offers an indoor gym, an indoor pool, and yoga and other fitness classes. ALIVE (<http://www.myalive.com/>) in Charlotte also has several workout areas and gyms and offers a wealth of fitness classes; ALIVE also has a free indoor walking path open to everyone!

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.

WOMEN'S HEALTH EXPERIENCE

This FREE annual event that focuses on the multiple dimensions of women's health is being held on Nov. 19th, 10:00 am – 1:00 pm, at ALIVE in Charlotte. Event features include lunch from NOURISH by The Big Salad, educational and interactive booths, healthy cooking demos, group exercise demos, Playmakers' shoe sale, free childcare in GROW, and more! BEDHD will have a booth, and we hope to see you there!

DO 1 THING: MONTHLY EMERGENCY PREPAREDNESS ACTIVITY

Emergency Supplies Emergencies can happen without warning, so it's important to always be prepared. One way to ensure that you and your family are prepared is to have emergency kits ready. Every household should have an emergency kit to keep at home and a "go bag" in case evacuation is needed (this go bag can be your at-home emergency kit, as long as it is in a bag or box that's easy to transport). Some items to keep in these kits include nonperishable food, bottled water, clothing, radio(s), and pet supplies. It's also important to keep some cash on hand in case ATMs and credit card machines aren't usable. Emergency car kits are also important to have, especially in Michigan during the winter months. For more information and suggestions of supplies to have on-hand, visit <http://do1thing.com>.

HOLIDAY FOOD SAFETY

With Thanksgiving and Christmas approaching, many people will be preparing dishes to share with family and friends. Help keep everyone healthy and safe from food poisoning by following these guidelines:

- **Keep it hot:** Use a food thermometer to make sure that food is hot enough to kill bacteria. To see the temperatures that specific foods (meats, etc.) and leftovers should be cooked to, visit <http://bit.ly/28Y80gt>. After the food is cooked, hold it at or above 135°F—don't let food sit out for more than 2 hours and cool down.
- **Keep it cold:** Cold foods, such as cut fruits and cooked vegetables, should be held at or below 41°F—don't let them sit out at room temperature for more than 2 hours and warm up. When cooling cooked foods for refrigeration, they should cool from 135°F to 70°F within 2 hours and from 70°F to 41°F within 4 hours (use a metal probe thermometer to verify cooling temperatures).
- **Keep it clean:** Wash your hands before, during, and after food preparation. Keep raw meat, seafood, and eggs separate from other ready-to-eat foods—use separate cutting boards and utensils to avoid cross-contamination.
- **Keep it healthy:** Ensure household members do not have symptoms of stomach illness (vomiting or diarrhea) for a minimum of 72 hours prior to preparing foods.



SAFETY PSA

Do you run or walk your dog in the early morning or evening? Does your child wait for a bus in the morning? Since the hours of daylight are reduced this time of year, you might be doing these activities in the dark or near-dark. It's important to make sure that you are visible to drivers—buy reflective clothing or lights that you can carry or clip on to yourself!