



Barry-Eaton District Health Department

Be Active • Be Safe • Be Healthy

COMMUNITY HIGHLIGHTS

October 2017

YOU'RE INVITED!

Monthly Coalition Schedule

- **B. Healthy Coalition**, October 9th, 8:30–9:30 am, BEDHD, Hastings
- **Eaton Rapids Health Alliance**, October 24th, 3:30–5:00 pm, Eaton Rapids Medical Center
- **Barry County Tobacco Reduction Coalition**, contact lcibor@bedhd.org
- **Grand Ledge Building Healthy Communities Coalition**, contact wegner@bedhd.org
- **Eaton County Oral Health Coalition**, October 5th, 1:00–2:00pm, BEDHD, Charlotte

NEED HEALTH COVERAGE FOR 2018?

If you (or a family member) aren't covered for health insurance by an employer and aren't eligible for the Healthy Michigan Plan, Medicaid, or Medicare, you can buy insurance on the Health Insurance Marketplace (<https://www.healthcare.gov/>). For coverage starting January 1, 2018, you must enroll between November 1 and December 15. If you (or a family member) aren't covered by an employer or other plan and meet certain income guidelines, you might qualify for the low-cost Healthy Michigan Plan, MICHild, or Healthy Kid plans. You can enroll for these at any time. To see if you qualify or to enroll in the Healthy Michigan Plan, MICHild, or Healthy Kids, visit <https://www.mibridges.michigan.gov/>, call your county's MDHHS office, or contact BEDHD: (269) 945-9516 (Barry) or (517) 543-2430 (Eaton).

TIME OF SALE OR TRANSFER (TOST) INFORMATION

Recently, there has been a lot of discussion in the Barry-Eaton District about BEDHD's TOST program. Based on this discussion, BEDHD has identified that there is a need for further community education on TOST to help dispel myths, misinformation, and misunderstandings about the program. BEDHD has prepared a 10-year report and various data reports and maps to show the impact of TOST since its beginning in 2007. Current documents are available at <http://bedhdost.weebly.com/>. If a local government body would like more information or to meet with BEDHD's Environmental Health Division regarding TOST, please contact Regina Young, Environmental Health Director, at ryoung@bedhd.org or (517) 541-2609 (Eaton) or (269) 798-4103 (Barry).

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 through nutrition education, breastfeeding support, health care referrals, and free supplemental food. WIC clients can meet with 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

IT'S TIME TO GET YOUR YEARLY FLU SHOT!

It's important to get your influenza (flu) vaccine early in the season to protect yourself from illness. Getting an annual flu vaccine is the best way to protect yourself and your family from the flu. Flu vaccines can reduce flu illnesses, doctor's visits, and missed work and school, as well as prevent flu-related hospitalizations. Everyone 6 months and older should get a flu vaccine every year. This flu season, only injectable flu vaccines are recommended. To get a flu vaccine, contact your primary care physician or use the Flu Vaccine Finder at <http://barryeatonhealth.org/immunizations>. BEDHD carries flu vaccine for children 6 months – 18 years of age. Call (269) 798-4133 (Barry County) or (517) 541-2630 (Eaton County) to schedule your appointment. Don't hesitate; vaccinate.





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.

“SAY AHHH!” AT ALIVE

The Eaton Oral Health Coalition is partnering with ALIVE for their Professional Speaker Series on Thursday, October 12th, from 5:30-7:00 pm! The “Say Ahhh!” event will include a short film and a panel discussion to educate the community on how oral health impacts your overall health. The panel will consist of health professionals, including local dentists. All are welcome to join this FREE event! Dinner is included for those who register by October 6th, and space is limited! To register, call (517) 541-5800, opt. 1.

JOIN THE BARRY COUNTY B. HEALTHY COMMUNITY COMPETITION

The B. Healthy Coalition has been busy working with community members to promote good health in Barry County, and now it’s time for everyone in the county to get involved! The B. Healthy Coalition challenges you to get active for 30 or more minutes a day. Record your activity on the SuperTracker app, and you could win a prize! Grand prize winners will receive \$200 towards a fitness-related item (gym shoes, gym membership, etc.). In addition to the grand prize, there will be weekly prizes for those who are logging their activities on SuperTracker. The competition runs from October 1st to December 31st, so get up, get active, and B. Healthy! Visit www.BHealthyBarryCounty for more information and follow our Facebook page, @B.HealthyCoalition, for competition updates, weekly winners, and ideas on how to be active this fall.

DO 1 THING: MONTHLY EMERGENCY PREPAREDNESS ACTIVITY

Be prepared for a power outage Loss of power is an emergency that can occur on its own or as a result of another emergency. All of us rely on electricity for lights, phones, computers, and appliances, including refrigerators. To prepare for a power outage, ensure that you have flashlights and good batteries in an easy-to-get-to location. Consider buying a portable generator. Create a power outage plan to determine what you can do before, during, and after an outage to make being without electricity easier for you. And remember, stay away from downed power lines and anything they are in contact with, and never use charcoal or gas grills inside. For more information visit <http://do1thing.com>.

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.

THE ROAD TO RECOVERY FROM SUBSTANCE USE—WHAT DOES “RECOVERY-ORIENTED” MEAN?

Today, when individuals with mental and/or substance use disorders seek help, they are met with the knowledge and belief that anyone can recover and/or manage their conditions successfully. Recovery can be defined as a process of change through which individuals improve their health and wellness, live self-directed lives, and strive to reach their full potential. Recovery is built on access to evidence-based clinical treatment and recovery support services for all populations. The support of peers, friends, and family is important in engaging and supporting individuals in recovery. Recovery support services



help people enter into and navigate systems of care, remove barriers to recovery, stay engaged in the recovery process, and live full lives in communities of their choice. In Eaton County, the Substance Abuse Advisory Group (ECSAAG) encourages local providers to adopt a recovery-oriented practice and also works to establish recovery supports in the community. This “recovery system” helps to ensure that treatment is successful. ECSAAG meets the second Tuesday of each month at 8:30 am at Eaton RESA in Charlotte. Anyone may attend the meetings.