



Barry-Eaton District Health Department

Be Active • Be Safe • Be Healthy

COMMUNITY HIGHLIGHTS

November 2017

YOU'RE INVITED!

Monthly Coalition Schedule

- **Eaton County Oral Health Coalition**, November 2nd, 1:00–2:00pm, BEDHD Charlotte
- **B. Healthy Coalition**, November 13th, 8:30–9:30 am, BEDHD Hastings
- **Barry County Tobacco Reduction Coalition**, November 16th, 12:30–1:30pm, BEDHD Hastings
- **Eaton Rapids Health Alliance**, November 28th, 3:30–5:00 pm, Eaton Rapids Medical Center

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 Kids 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).

FLU SEASON HAS ARRIVED

Michigan has begun to see cases of seasonal influenza and hospitalization due to influenza. 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. The sooner, the better—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 see <http://flushot.healthmap.org/>.



Eaton Behavioral Health (EBH)

Eaton Behavioral Health (EBH) is a licensed and accredited outpatient substance use and behavioral health disorder treatment provider. It envisions a community where people can become the best versions of themselves through wellness and recovery and offers affordable, accessible, and effective treatment for addictions and other behavioral health concerns. EBH provides treatment that addresses patients' mental, emotional, physical, spiritual, and social needs. Services include outpatient therapy (group and individual); CHOICES, an early intervention program for adolescents experimenting with substances and their parents; and Women's Specialty Services, an outpatient treatment program that provides special support (such as childcare and transportation for appointments) to women who have dependent children. EBH accepts most major insurance plans, including Medicaid, Medicare, and the Healthy Michigan Plan.

DO YOU LIVE, WORK, OR PLAY IN CLINTON, EATON, OR INGHAM COUNTIES?

If so, join us at the 2018 Stakeholder Kickoff Meeting for the Healthy! Capital Counties Community Health Needs Assessment! Come hear about the successes and challenges of past assessments, get updates on current community health improvement plans, and, most importantly, provide your thoughts on what should be included in the next tri-county health assessment. The meeting is Thursday, Nov. 30, 9:00am–12:00pm, at the East Lansing Hannah Community Center. Register online at <https://healthycapitalcounties.eventbrite.com>. Have questions? Contact Susan Peters at (517) 541-2652 or speters@bedhd.org.





LEAF BURNING ALTERNATIVES

This autumn as leaves fall into your yard, consider doing something other than burning them. Burning leaves can have a negative effect on air quality due to the chemicals released during the burning process. This can irritate the eyes, noses, and throats of healthy people, but it can be much more harmful to small children, the elderly, and those with asthma or other lung/heart conditions. Leaf burning can also reduce visibility, create safety hazards, cause a nuisance, and create additional demands on local police and fire protection. Instead, compost leaves or mulch them with your lawn mower and leave them to fertilize your yard!

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.

SAVE THE DATE: HGB WOMEN'S HEALTH EXPERIENCE

Save the date for the free annual Women's Health Experience on Saturday, Nov. 18, 10:00am – 1:00pm! This event, sponsored by BCBS of Michigan, focuses on five dimensions of health and well-being: do, eat, think, breathe, and support. Enjoy time just for you and the favorite women in your life to learn, socialize, and be pampered before the busy holiday season. The fun includes

a free boxed lunch from NOURISH by the Big Salad, speaking with clinicians about women's health topics, shopping at Playmakers Satellite Store, exploring interactive booths and activities, and wine tasting with the Tasters Guild of Lansing. Free childcare is available for children aged two and up (pre-registration required for childcare at [517] 541-5803).

DO 1 THING: MONTHLY EMERGENCY PREPAREDNESS ACTIVITY

Emergency Supplies One way to ensure that you and your family are prepared for emergencies 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, if 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 <https://goo.gl/P3TJTy>. After the food is cooked, hold it at or above 140°F—don't let food sit out and cool down for more than 2 hours.
- **Keep it cold:** Cold foods, such as cut fruits and cooked vegetables, should be held at or below 40°F—don't let them sit out and warm up at room temperature for more than 2 hours. Refrigerate cooked foods within 2 hours.
- **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.

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://bedhdtost.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).