



Barry-Eaton District Health Department

Be Active • Be Safe • Be Healthy

COMMUNITY HIGHLIGHTS

February 2017

YOU'RE INVITED!

Monthly Coalition Schedule

- B. Healthy Coalition, Feb. 13th, 8:00–9:00 am, BEDHD, Hastings
- Eaton Rapids Health Alliance, Feb. 21th, 3:30–5:00 pm, Basement Conference Room, Eaton Rapids Medical Center, Eaton Rapids
- Barry County Tobacco Reduction Coalition, Feb. 16th, 12:30–1:30 pm, BEDHD, Hastings
- Grand Ledge Building Healthy Communities Coalition, Feb. 22nd, 12:00–1:00 pm, Chamber of Commerce, Grand Ledge
- Eaton County Oral Health Coalition, Feb. 16th, 1:00–2:00 pm, BEDHD, Charlotte

FEBRUARY IS CHILDREN'S DENTAL HEALTH MONTH

Oral health is important, especially for preventing cavities in kids. To help keep your child's teeth healthy, follow these tips:

- Take your child to the dentist when they are one year old, or when their first tooth erupts.
- Only put water, milk, or formula in bottles. Avoid using sugar water, juice, or pop.
- If your tap water has fluoride, encourage your child to drink tap water—find out if your tap water is fluoridated here: <http://bit.ly/2jeFREa>.
- Encourage your child to drink from a cup by their first birthday, and use sippy cups for as short of time as possible.

INFLUENZA AND THE FLU SHOT

The Michigan Department of Health and Human Services (MDHHS) says that confirmed reports of influenza A are increasing in Michigan. This year's flu vaccine (flu shot) is considered to be a good match to help prevent the



current strains of influenza. IT'S NOT TOO LATE TO VACCINATE! Everyone 6 months of age and older should get a flu shot. BEDHD offers flu vaccines for children up to age 19; please call (517) 541-2630 (Charlotte) or (269) 945-9516 (Hastings) for an appointment. For other vaccine locations, visit <http://flushot.healthmap.org/>.

Children's Special Health Care Services

Children's Special Health Care Services (CSHCS) is a program that provides financial assistance to families of children and some adults with special health needs, regardless of their income or insurance status. CSHCS helps families with insurance costs and specialty medical bills for more than 2,700 severe, chronic health conditions, such as asthma, heart disease, hemophilia, immune disorders, and cystic fibrosis. There is an income-based fee for the program; this fee is waived for children covered by Medicaid or MICHild. For more information, call BEDHD Barry County at (269) 945-9516 or Eaton County at (517) 541-2696.

SUN SAFE CONTEST 2017

Last year, BEDHD held a "Sun Safe" contest for 15–29 year olds to develop a public service announcement (PSA) video promoting sun safety. The winner of this contest had her ad featured in a local movie theater. This year, BEDHD is hosting a similar contest, but instead of creating a video, we are asking 15–29 year old Barry and Eaton County residents to design a billboard advertisement promoting sun safe behavior. The winners (one in each county) will have their design featured on a local billboard and will each receive a \$500 scholarship. Please contact Lauren Cibor, BEDHD community health promotion specialist, at lcibor@bedhd.org or (517) 541-2624 for more information.





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.

IT'S AMERICAN HEART MONTH!

Heart disease is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths are caused by heart disease. The good news? Heart disease can often be prevented when people make healthy choices and manage their health conditions. This includes doing things like eating healthily (and avoiding too much salt!), being active, not smoking and keeping away from second-hand smoke, and knowing—and controlling—your cholesterol and blood pressure. Your heart does a lot for you; this month, do something for it. To learn more, go to <https://www.cdc.gov/features/heartmonth/>.

BARRY COUNTY WEAR ONE CAMPAIGN

Many people don't know that in Barry County, the rate of chlamydia—a common sexually transmitted infection (STI)—has increased more than 250% since 2005. In an effort to reduce the rate of chlamydia and other STIs in Barry County, BEDHD has partnered with local businesses to start a free condom distribution program called the Wear One Campaign. Wear One has been successfully implemented in both Ottawa and Allegan counties, and the Centers for Disease Control and Prevention (CDC) endorses condom distribution programs like Wear One as a proven way to increase condom use, prevent the spread of HIV and STIs, and save communities money by reducing health care costs. Keep your eyes open for Barry County businesses displaying the Wear One sticker—these locations will provide adults with free condoms.

B. HEALTHY CONTEST

The B. Healthy Coalition of Barry County is developing a health and well-being contest to be unveiled soon. The contest will be open to all Barry County residents. Look for an announcement in the weeks to come, and follow the B. Healthy Coalition on Facebook at <https://www.facebook.com/B.HealthyCoalition/>!

DO 1 THING: MONTHLY EMERGENCY PREPAREDNESS ACTIVITY

Water. Water is something that many of us take for granted. But what would happen if a disaster made your tap water unsafe to drink AND you weren't able to leave your home to buy more? Water is one of the most important items to have in your emergency kit. You should keep on hand at least 3 gallons of water (enough for three days; 1 gallon/day/person) for each household member. For a household of 4, that's a minimum of 12 gallons. For more information on emergency preparedness, visit <http://do1thing.com>.

WINTER ACTIVITIES

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. 18th—activities include a 5K Fun Run and Disc Golf Putting Challenge, and Polar Dip. See <http://gunlakewinterfest.com/> for more information. In addition, Charlton Parks urges people to come walk their trails to experience the sights and sound of winter (park hours are 8am–5pm).

