



# Barry-Eaton District Health Department

Be Active • Be Safe • Be Healthy

## COMMUNITY HIGHLIGHTS

January 2018

### YOU'RE INVITED!

#### Monthly Coalition Schedule

- **Eaton County Oral Health Coalition**, January 4<sup>th</sup>, 1–2:00 pm, BEDHD Charlotte
- **B. Healthy Coalition**, January 8<sup>th</sup>, 8:30–9:30 am, BEDHD Hastings
- **Barry County Tobacco Reduction Coalition**, January 18<sup>th</sup>, 12:30–1:30pm, BEDHD Hastings
- **Eaton Rapids Health Alliance**, January 23<sup>rd</sup>, 3:30–5:00 pm, Eaton Rapids Medical Center

### CERVICAL HEALTH AND THE HPV VACCINE

January is Cervical Health Awareness Month, and there is a lot both men and women can do to prevent cervical cancer! One of the best ways to help prevent cervical cancer is for all youth to get the HPV (human papillomavirus) vaccine. HPV is a common virus that 80 percent of people will get in their lifetime. HPV can cause cancer, but more than 29,000 cases of cancer each year could be prevented with HPV vaccination! The vaccine is most effective when given at the recommended age of 11 or 12. According to the Centers for Disease Control and Prevention (CDC), nationwide, 6 out of 10 parents are choosing to get the HPV vaccine for their children. Are you one of them? Call your healthcare provider or BEDHD (Barry: [269] 798-4133; Eaton: [517] 541-2630) to schedule your child's HPV and other vaccinations today!

### THIS RADON ACTION MONTH, TEST YOUR HOME

Radon is a naturally occurring radioactive gas found in soil and rock that can enter buildings through cracks and openings in foundations, floors, or walls. **It is the number one cause of lung cancer in non-smokers.** High levels of radon are expected in one out of eight homes in Michigan. In some counties, up to 45 percent of homes have had radon levels above the Environmental Protection Agency's (EPA's) recommended "take-action" level. The only way to know if a home has high radon levels is to test it. Free do-it-yourself radon test kits are available to residents of Barry and Eaton counties during January. There is a limit of one kit per address. Kits are available on a first-come, first-served basis, and supplies are limited. Residents can pick up a kit at either BEDHD location or at the Delta Township Hall Assessing Department.

### *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.*

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

If so, join us at the next Stakeholder Meeting for the 2018 Healthy! Capital Counties Community Health Needs Assessment! Attendees will be able to provide input on regional asset mapping, upcoming focus groups, and planned community surveys. The meeting is Thursday, Feb. 8, 9:00am–12:00pm, location TBD (Greater Lansing area). Registration will be available soon; check [www.healthycapitalcounties.org](http://www.healthycapitalcounties.org) for updates. Have questions? Contact Susan Peters at (517) 541-2652 or [speters@bedhd.org](mailto:speters@bedhd.org).

**Healthy!**  
**CapitalCounties**<sup>SM</sup>



CLINTON \* EATON \* INGHAM  
a community approach to better health



### 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](mailto:alynch@bedhd.org).

### EATON COUNTY PROJECT RESOURCE CONNECT

Eaton County's Project Resource Connect is Tuesday, January 23 from 10:00am–2:00pm at the First Lutheran Church, 550 E. Shepherd, in Charlotte. This event provides services for homeless individuals and families, and those at risk of becoming homeless. It is a one-day one-stop-shop to connect with community resources and to get information about housing, health care, employment, and benefits. Free food, childcare, personal care items, and cleaning supplies will be available for guests. EATRAN will be providing FREE rides to and from the event. Community focus groups will be held at 11:00am and 1:00pm; gift cards will be given to the first 20 participants. Visit Housing Services Mid Michigan at [http://www.hs-mm.org/annual\\_fundraisers/project-resource-connect/](http://www.hs-mm.org/annual_fundraisers/project-resource-connect/) for more information.

### STOP THE SPREAD OF NOROVIRUS

Norovirus, which can cause severe vomiting and diarrhea, is also called the “stomach bug” and “stomach flu,” and it is most common in the winter months. Norovirus spreads quickly and easily—it is very contagious. To help prevent the spread of norovirus, people who have been sick with vomiting or diarrhea should stay home for 48 hours after their last incident of vomiting or diarrhea. Even though they might feel better, they are still shedding the virus and could get someone else sick. For more ways to help stop the spread of norovirus and for norovirus facts, visit <http://www.cdc.gov/norovirus/downloads/keyfacts.pdf>.



### DO 1 THING: MONTHLY EMERGENCY PREPAREDNESS ACTIVITY

**Make a plan.** Disasters change things. When an emergency happens, you may have to decide what to do very quickly while you are worrying about what might happen. Planning ahead will make it easier to make the right decisions if the worst happens. Plan what to do if you have to evacuate your home—agree on meeting places and plans for pets. Learn what you can do to help prevent damage to your home. Identify what disasters are common in your area and discuss what you would do if one occurred. For more information, visit <http://do1thing.com>.

### MUNICIPAL EMPLOYEE TRAINING OPPORTUNITIES

There are two free, local upcoming trainings developed for municipality workers:

- **Invasive Species Training:** Wondering how your municipality can learn more about invasive species? Preventive and proactive management of invasive species can help to reduce environmental and economic impacts in Mid-Michigan communities. At this free training provided by the Mid-Michigan Cooperative Invasive Species Management Area, workers at all levels within a municipality will have the opportunity to learn about how they can play a role in stopping the spread of invasives. *Feb. 6 (East Lansing) and Feb. 13 (Ionia), 10:00am–2:00pm. Register at <https://www.inghamconservation.com/mm-cisma>.*
- **Introduction to Continuity of Government Planning for Rural Jurisdiction:** This eight-hour course is designed to help government officials and emergency responders from rural communities in the development of plans that will ensure the continuity of essential government functions across a spectrum of emergencies. Disasters and emergencies often interrupt, degrade, or destroy local government's ability to perform essential functions. This free course will expose participants to the benefits of developing continuity of government plans for rural communities with special focus on succession planning, delegation of authority, redundant communications, and alternate facilities. *Jan. 23 (Benton Harbor) and Jan. 24 (Jackson). Register at [https://www.train.org/mi-train/course/1072147/live\\_event](https://www.train.org/mi-train/course/1072147/live_event) (you must make an account first).*