

February 2010

# Connecting

**A MID-MICHIGAN DISTRICT HEALTH**

# Point

**DEPARTMENT NEWSLETTER**



## Smoke Free Law



In December of 2009, the Michigan Legislature voted to adopt legislation making the State of Michigan smoke-free. Governor Granholm signed this legislation into law on December 18th. Michigan now joins 37 other states across the nation that have adopted smoke free indoor air policies. Secondhand smoke is the 3rd leading cause of preventable death in Michigan, causing 2,500 deaths per year. The new law will help to protect the health of Michigan's citizens.

The law, which goes into effect on May 1, 2010, prohibits smoking in all worksites including bars and restaurants. Exemptions to the law are Detroit casinos, tobacco specialty shops and designated cigar bars. Only the gaming areas of the casinos are exempted, with the bars and restaurants still required to be smoke-free.

In the coming months, MMDHD staff will be working to educate the community and increase awareness about the upcoming changes. For more information or to schedule a presentation for your community group, please contact Cheryl Thelen at (989)831-3634. Additional information can also be found at [www.michigan.gov/smokefreelaw](http://www.michigan.gov/smokefreelaw) or by calling the State's hotline at 1-866-59SMOKE.

## H1N1 Clinics

In response to growing concerns about the H1N1 pandemic, the MMDHD Emergency Response Team activated a plan to protect the health of local residents. With considerable planning, preparation, and implementation, a series of vaccination clinics were held at MMDHD branch offices, Montcalm Community College, and five mass vaccination clinics at various schools in each of the three MMDHD counties. Since October 2009, MMDHD has administered approximately 21,000 doses of H1N1 vaccine. Collaboration with local emergency management agencies helped to ensure the success of this effort, and to strengthen communication for future initiatives.

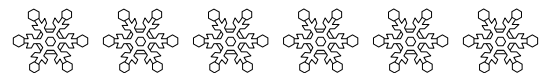
## Do1Thing



The failed bombing by a member of al-Qaeda in Detroit on Christmas Day, December 25, 2009, reminds us that the United States continues to be at risk from terrorist attacks. The

Department of Homeland Security and other Federal agencies are working diligently to determine communication gaps and to improve safety when traveling by air. MMDHD is working locally to remind people within our jurisdiction that being prepared for any disaster (including tornadoes and/or inclement weather) is your best defense in the short term.

Do1Thing is a statewide program designed to help individuals and families take small, manageable steps toward personally preparing for an emergency or disaster. Only when you are personally prepared will you then be able to help your friends, neighbors, and community during an emergency. Do1Thing calendars are printed each year and distributed to clients that come to the health department. Each month of the calendar offers a preparedness step that focuses on a different aspect of preparedness such as storing food, water, and emergency supplies. In November and December of 2009, more than 300 calendars were distributed to MMDHD clients. For more information regarding Do1Thing, go to [www.do1thing.us](http://www.do1thing.us)



Visit [www.mmdhd.org](http://www.mmdhd.org) for additional information on programs, services and health issues, including:

- H1N1 Flu Information
- Michigan's Smoke-Free Air Law
- Clinic schedules



## Environmental Health Services



In January of 2007, the Environmental Health Division established the food certification program. The program targets managers and owners of food establishments and is endorsed by the Michigan Department of Agriculture (MDA). During the 2008-2009 fiscal year, 388 food service workers attended the program, with 356 successfully completing the course, representing a 92% completion rate. Certificates are valid for five years. New initiatives being implemented, include:

- An accelerated re-certification class, for those with prior education
- A food handler certification class, for those who request basic information
- The original Manager Certification Class to meet the needs of new clients

For more information about these courses, contact your county office of MMDHD, or visit the health department's website at [www.mmdhd.org](http://www.mmdhd.org)

## Women, Infants and Children



When should parents wean their babies from the bottle? WIC staff recommends weaning at age 12 months, before the child forms an emotional attachment to the bottle. Experts agree that long-term use of the bottle can lead to dental problems, ear infections or ear aches, overweight and low-blood iron.

To make the process of weaning easier for parents and babies, these steps can be followed:

- Delay changes during times of stress, such as a move, illness, or new childcare situation
- Introduce the sippy cup at around age 6 months to help baby become accustomed to it
- Switch to whole milk at age one and serve it in a cup
- Take the fun out of drinking from the bottle, by restricting use to the highchair
- Drop one bottle per week
- Make water bottles instead—its less appealing
- Keep bottles out of sight and out of mind
- Find new comforts, like a blanket, stuffed animal, reading time or cuddling.

## Diabetes



Each issue of the Connecting Point features one of the ten leading causes of death within the MMDHD area. According to the Michigan Department of Community Health, the sixth leading cause of death in the State is diabetes, which caused 3.3% of all deaths in 2007. In Gratiot County, diabetes was also the 6th leading cause, accounting for 3.1% of all deaths. In Clinton and Montcalm Counties, diabetes was the 7th leading cause of death, accounting for 2.1% and 2.2% of all deaths respectively.

According to the American Diabetes Association, diabetes is a chronic disease in which the body does not produce or properly use insulin. Insulin is a hormone needed to convert sugar, starches and other food into energy. Without proper treatment and control, high blood sugar damages blood vessels, leading to complications such as heart disease, stroke, vision loss, kidney disease and limb amputation.

Type 2 diabetes is the most common type among Americans. A pre-diabetes warning sign is elevated blood sugar, which indicates a need for risk reduction through diet and exercise. A healthy diet includes whole grains, fruits and vegetables, low-fat dairy products, beans, lean meats, poultry and fish. Adequate exercise includes any physical activity that keeps one moving for at least 30 minutes per day. Being overweight puts one at higher risk for Type 2 diabetes. Losing as little as 10 pounds can help reduce that risk.

Additional information is available through the American Diabetes Association at [www.diabetes.org](http://www.diabetes.org) or the State of Michigan at [www.diabetesinmichigan.org](http://www.diabetesinmichigan.org).

*For more information about these and other Health Department programs, contact:*

Kimberly Singh, Health Officer  
Mid-Michigan District Health  
Department  
615 N. State Road, Suite 2  
Stanton, MI 48888  
(989) 831-5237, ext. 3614



*This institution is an equal opportunity provider.*