



FOR IMMEDIATE RELEASE 04-06-11

MEDIA CONTACT: Leslie Kinnee

989-831-3669, kinnee@mmdhd.org

Mid-Michigan District Health Department

615 N. State St., Stanton, MI 48888-9702, www.mmdhd.org

MMDHD celebrates Public Health Week

Ithaca, Stanton, St. Johns- Each April, Mid-Michigan District Health Department (MMDHD) joins agencies across the state in celebrating Public Health Week. This week-long celebration helps to raise awareness of important issues, in an effort to improve the health of residents.

This year's observance will take place April 11-17 and centers around the theme, 'Safety is No Accident: Live Injury-Free.'

"This year's theme embraces the concept of creating a healthier Michigan by taking action within our communities to promote safety and prevent injuries and violence," said Kimberly Singh, Health Officer for MMDHD, which serves Clinton, Gratiot and Montcalm Counties. "Our hope is that this year's public health week will provide useful tools and help motivate individuals to take action to prevent injuries and keep their families safe."

Though it's not something we typically think about or plan for, the potential for injury is all around us. Each year, nearly 150,000 people die from injuries in the U.S., and almost 30 million people are injured seriously enough to go to the emergency room. Motor vehicle crashes, poisonings and burns are just some of the potential hazards we all face, and are among the top 10 causes of death for people age 1-44.

These tragedies can be devastating as well as costly- injuries in Michigan account for nearly \$5.7 billion in medical care and an additional \$17.9 billion due to work loss.

Many of these injuries and associated costs can be prevented by taking simple steps to protect ourselves, our families and our communities. That's what Public Health Week is all about: taking steps now to prevent injury and violence at home, at work, in our communities, on the move, and at play.

Some simple steps to Living Injury Free include:

- At Home:
 - Establish a plan for how you would evacuate your home in case of emergency.
 - Install and maintain smoke alarms and carbon monoxide detectors
- At Work:
 - Wear all personal protective equipment required or recommended
 - Participate in worksite safety trainings and follow safety rules
- At Play:
 - Wear a helmet and other properly fitted protective gear
 - Drink plenty of water to avoid becoming dehydrated

-more-

2- Live Injury Free

- On the Move:
 - Wear a seat belt on every trip, no matter how short
 - Make sure children are buckled in a car or booster seat, or seat belt
 - Avoid texting, using the phone, eating, or grooming while driving

- In Your Community:
 - Keep weapons in a locked and safe place, away from children
 - Join your Neighborhood Watch program

If every person takes a few simple steps to protect their neighbors, families and communities from harm, Michigan will be a much safer place to live. Please join MMDHD in celebrating Public Health Week and Living Injury Free at home, at work, in our communities, on the move, and at play.

For more information on Public Health Week, including more tips on how to Live Injury-Free, please visit www.nphw.org.

Mid-Michigan District Health Department serves the residents of Clinton, Gratiot and Montcalm Counties.

###