

January 2012

Connecting Point

A MID-MICHIGAN DISTRICT HEALTH

DEPARTMENT NEWSLETTER



Healthy Montcalm



Healthy Montcalm, an initiative dedicated to improving the health and well-being of Montcalm County residents, recently conducted a logo contest to help promote its efforts. Chosen from 116 entries was the logo designed by Morgan Smith, a freshman at Central Montcalm High School. Her winning concept will be printed on Healthy Montcalm displays, correspondence and reports.

Healthy Montcalm's steering and advisory committee members, representing over 40 county organizations, have been meeting routinely to review the results of a community survey and identify local health priorities. The top five priorities identified are:

- Obesity
- Access to healthcare,
- Substance abuse,
- Mental health, and
- Awareness of resources

Committee members are currently gathering additional input at area agency and community group meetings. With this information, along with a recently developed Community Profile, Healthy Montcalm will create an implementation plan in the county by April 2012.

Healthy Montcalm is funded by contributions from county healthcare facilities and an \$85,000 grant from the Health Resources and Services Administration (HRSA). For more information about Healthy Montcalm and how you can become involved, contact Cheryl Thelen at (989) 831-3634 or Ross Pope at (989) 831-3601, or visit www.mmdhd.org

Visit www.mmdhd.org for information on programs, services and health issues, including:

- Clinic Schedules
- 2010 Annual Report
- Emergency Preparedness
- MMDHD's Facebook Link



Healthy! Capital Counties

A community health assessment process for Clinton, Eaton and Ingham Counties was launched in October 2011. A steering committee consisting of hospitals in the region, Michigan State University, and three health departments will guide the process. An advisory committee has met twice, focusing on the project, work plan, timetable and community vision. The vision of Healthy! Capital Counties is that all people in Clinton, Eaton and Ingham Counties:

- Live in a physical, social and cultural environment that supports health
- Live in a safe, vibrant and prosperous community that provides opportunities to contribute and thrive
- Live with minimal barriers and adequate resources to reach their full potential

The Advisory Committee is now in the process of identifying potential health indicators to include in the assessment process and will be conducting focus groups to gather information and input from the hard-to-reach populations targeted for the end of January 2012.

For more information about Healthy! Capital Counties, contact Ross Pope at (989) 831-3601 or visit www.healthycapitalcounties.org.

Healthy Gratiot County

A community health assessment (CHA) steering committee has been established in Gratiot County to look at the CHA structure, process, and timeline as well as identify the health priorities of Gratiot County residents. Members of the steering committee include representatives from MMDHD, Alma College, Gratiot Community Mental Health, Gratiot County Administration, Mid Michigan Hospital Gratiot, G-TEC and the United Way. An advisory kick-off meeting, inviting a broad representation of Gratiot county agencies and businesses will take place on January 26th to formally begin the assessment process. For more information, contact Cheryl Thelen at (989) 831-3634.

Do 1 Thing



The **do1thing** program is designed to help make the job of emergency preparedness easier for individuals, families and organizations by devoting each month to a single preparedness activity. Do1thing began as a local project in Clinton, Ingham and Eaton Counties, and has since grown into a nationally and internationally recognized leader in citizen preparedness. Do1thing recently received top honors at the USA Council of the International Association of Emergency Managers in San Antonio, Texas.

The do1thing program website has recently been redesigned to make the site more user-friendly, attractive and interactive. Visit www.do1thing.com and register to track your progress and receive monthly emails regarding preparedness activities. In addition, you can join conversations on Facebook and Twitter.

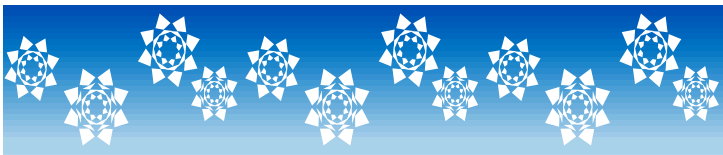
January begins a new year and do1thing focuses upon developing an emergency plan. When you visit the site, you can view a short video and download a fact sheet that focuses on January's preparedness activities and take the first crucial step towards emergency preparedness.

Monthly Healthy Living Recommendations

Dr. Robert Graham, MMDHD Medical Director, and the Board of Health have begun adopting monthly Healthy Living Recommendations. These topics will be routinely posted on the MMDHD website and Facebook page.

December's topic is the HPV vaccine. It is recommended that all children ages 11 and 12 receive three doses of properly spaced Human Papilloma Virus (HPV) vaccine. Women ages 13-25 and men ages 13-21 who have not yet received the vaccine should do so. The vaccine helps to provide protection from certain types of HPV, which may lead to genital warts or cervical cancer.

For more information on scheduling an immunization appointment, call (989)831-5237 or visit the MMDHD website at www.mmdhd.org



Leading Causes of Death: Cancer



Each issue of the Connecting Point features one of the ten leading causes of death within the MMDHD region. According to the Michigan Department of Community Health, cancer was the second leading cause of death in 2009, causing 23.4% of all deaths across the state. Cancer was also the 2nd leading cause of death in all three counties of MMDHD. The rates in Clinton County and Montcalm County, 25.4% and 24.3% respectively, exceeded the State rate, while Gratiot County fell below the State rate at 20.4%.

While some risk factors for cancer are not preventable, such as age and family history, there are several other ways in which individuals can reduce their risks. These include:

- Avoiding tobacco
- Avoiding excessive alcohol
- Eating a diet low in fat, and high in fruits, vegetables and fiber
- Limiting sunlight exposure, especially UV rays and using sunscreen
- Limiting exposure to cancer causing agents, such as asbestos and radon
- Exercising regularly
- Maintaining a healthy weight
- Making yearly doctor visits for cancer detection screenings

MMDHD promotes cancer prevention through the Breast and Cervical Cancer Control Prevention Program (BCCCP), family planning, nutrition education, tobacco cessation and education programs, and radon detection and awareness programs.

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

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