

Connecting Point

A MID MICHIGAN DISTRICT HEALTH DEPARTMENT NEWSLETTER



March 2013

Accreditation Update

Local Accreditation – Michigan has one of the most innovative systems for accrediting local health departments in the country. The Accreditation Program assures that county governments and health departments know and apply Michigan's Public Health Code and follow best practices as outlined in law. As part of the Program, on-site reviews occur every three years. The Mid-Michigan District Health Department (MMDHD) went through their fifth on-site review the week of February 4, 2013. Our agency was host to a large number of state evaluators from Michigan's Department of Community Health, Department of Agriculture & Rural Development, and Department of Environmental Quality - all of who reviewed our records, spent time with staff during clinics and field work, and interviewed many of us regarding 167 indicators affecting our major programs. During the exit interviews the reviewers praised the Department for its outstanding staff and procedures - including special recognitions in many programs. There was one "not met" indicator in the Food Program. So, out of 167 indicators, MMDHD "met" (passed) 166 of them (99% - the best score in our accreditation history!!).

National Accreditation – In order to better align the work of local, state and national public health agencies, the Public Health Accreditation Board, Centers for Disease Control and Prevention (CDC) and other organizations have created a national accreditation program for state and local health departments. Since this process is voluntary, you may ask, "Why are we doing this?" One reason is that the CDC will tie future funding to National Accreditation; but more importantly, the program will help us grow in ways we need to grow. The National Program focuses on the Ten Essential Public Health Services (see below) and its themes of governance, quality improvement and the application of the evidence base for public health. Accreditation will result in a more effective MMDHD – which will result in improved health outcomes for communities we serve. Fortunately, MMDHD has been doing a good job of applying the Ten Essential Services model and documenting what it has been doing, so it is well-positioned to take on National Accreditation. The entire process will take over one year. MMDHD expects to receive National Accreditation in the summer of 2014.

Ten Essential Public Health Services:

1. [Monitor](#) health status to identify and solve community health problems.
2. [Diagnose and investigate](#) health problems and health hazards in the community.
3. [Inform, educate](#), and empower people about health issues.
4. [Mobilize](#) community partnerships and action to identify and solve health problems.
5. [Develop policies and plans](#) that support individual and community health efforts.
6. [Enforce](#) laws and regulations that protect health and ensure safety.
7. [Link](#) people to needed personal health services and assure the provision of health care when otherwise unavailable.
8. [Assure](#) competent public and personal health care workforce.
9. [Evaluate](#) effectiveness, accessibility, and quality of personal and population-based health services.
10. [Research](#) for new insights and innovative solutions to health problems.

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Maternal Infant Health Program



The Maternal Infant Health Program (MIHP) is a Medicaid-funded service for at-risk pregnant women and infants. MIHP provides social support, information and care coordination to promote healthy pregnancies, good health outcomes and healthy infant development.

The majority of MIHP contacts take place in the client's home, which allows staff to assess and address issues that become apparent in the home environment. Issues frequently addressed with pregnant women include: prenatal health, access to community resources, breastfeeding promotion, family planning, housing options, dealing with stress and preparing for labor and delivery. Topics addressed for infants include: infant nutrition, breastfeeding support, growth and development, referrals to community resources, and parenting support. Services are provided by an MIHP team, which includes nurses, social workers and registered dietitians.

In Gratiot County, MMDHD's Maternal Infant Health Program is currently involved in a quality improvement (QI) project focusing on improving staff productivity by reducing potential barriers and enhancing program policies and processes. This project was made possible through a \$5,000 grant, awarded through the National Network of Public Health Institutes; Strengthening the Community of Practice for Public Health Improvement QI Program. In 2011, the Gratiot MIHP program served 176 pregnant women and 106 infants.

For more information about MIHP services in your county, contact:

Clinton County

Noetic Health Inc. – 1-877-810-5639

Gratiot County

Wendy Curry, RN, MSN
MMDHD Supervisor at 989-875-1028

Montcalm County

Jennifer Peterman, RD
United Lifestyles, at 616-754-6185

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

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This institution is an equal opportunity provider.

Monthly Healthy Living Recommendations

Dr. Robert Graham, MMDHD Medical Director, and the Board of Health have provided this recommendation regarding exercise for older adults.

Recommendation of the Board of Health:

People 65 years of age and older, as well as people with chronic health conditions, are urged to perform 30 minutes of exercise five days a week, perform muscle strengthening activities twice a week, stretching exercises daily, and do daily balance training. All exercises should only be undertaken after discussing the program with your doctor.

Radon Awareness

Each January, the Environmental Health Division (EH) promotes Radon Awareness Month. This is an annual, statewide event that promotes radon gas awareness and encourages the public to test their homes. Within the last fiscal year, EH staff have distributed 122 radon test kits to area residents.



Radon is a naturally-occurring radioactive gas that is tasteless, odorless and colorless. It enters homes through openings in the foundation floor or walls, where there is contact with soil. Radon is the second leading cause of lung cancer in the United States, causing an estimated 21,000 cases each year. It is estimated that 1 in 8 Michigan homes has radon levels that exceed federal standards. There is no safe level of exposure.

For more information on radon, contact your local MMDHD branch office or visit the Department of Environmental Quality website at www.michigan.gov/radon.

Women Infants and Children Program (WIC)

In an average day in the Michigan WIC Program...

- 11,487 clients are served
- WIC families purchase over \$475,242 in healthy foods and redeem 76.7% of their fresh fruit and vegetable benefits
- 60.5% of infants are breastfed
- 55% of babies born in Michigan enroll in WIC
- 91% of WIC families live below 150% of poverty
- 54.4% of WIC mothers are obese or overweight before conception

For more information on MMDHD's WIC program, contact Jennifer Stratton, RN, Supervisor, at (989) 831-3609.