

Connecting Point *Newsletter*

Mid-Michigan District
HEALTH DEPARTMENT
CLINTON • GRATIOT • MONTCALM

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Visit www.mmdhd.org
for more information
on agency programs,
services and health
issues.

Second and Third Hand Vaping Risks

The use of e-cigarettes, also known as vaping, is becoming increasingly popular. While the vapor emitted from an e-cigarette is believed to be less harmful than the smoke from burning tobacco, research on the health effects is in its early stages. The chemicals and toxins found in e-vapor depend on the ingredients in the e-cigarette fluid, which can vary greatly. The US Surgeon General states that the vapor emitted from e-cigarettes is not harmless water vapor, and is not considered as safe as clean air.



Second hand vapor is the result of first-hand vapor exhaled by the user. Found in homes, vehicles, and public places, it contains potentially harmful substances including nicotine, ultrafine particles that penetrate the lungs, cancer causing and organic chemicals, and heavy metals. Flavorings such as diacetyl (butter) and cinnamon, which are normally meant to be digested, are inhaled deeply into the lungs, causing lung damage. Children are especially vulnerable to exposure to the vapor, as they absorb a higher amount than adults. Their smaller body weight and developing respiratory systems make them vulnerable to the vapor's effects. The US Surgeon General reports that nicotine from the secondhand vapor can impair brain and lung development in children.

Third hand vapor is that which lands on surfaces, such as furniture, carpet, and clothing. Infants and young children are exposed to toxins by touch and absorption through the skin, getting the chemicals in their mouths or inhaling the dust. The National Scientific Council on the Developing Child reports that, as with second hand vapor, third hand vapor can cause adverse health effects, including brain and lung development impairment.

Exposure to e-cigarette fluid is a risk to young children. Between 2012 and 2017, the American Association of Poison Control Centers reported that over 8,200 children under the age of six were poisoned by "e-juice." E-juice, due to a lack of regulation, is sometimes advertised as being nicotine-free, yet still contains nicotine. Young children are drawn to the attractive packaging, which often displays candy-like images, and to e-cigarettes that are left unattended. Exposure can result in health risks including vomiting, nausea, seizures, respiratory distress and possibly death.

A 2015 study released by the Centers for Disease Control and Prevention (CDC) reported that 45% of adults believed that second hand vapor caused little or no harm to children and non-users. Another 33% did not know if there was a health impact. Only 22% recognized that exposure caused significant harm. These statistics reveal the need to educate the public on the health risks of second hand and third hand vapor exposure.

Jennifer Morse, MD, MPH, FAAFP, Medical Director for the Mid-Michigan District Health Department offers these Board of Health recommendations regarding second hand vaping exposure:

- 1) Second and third hand vaping is not harmless and all the harms at this time are not known.
- 2) E-cigarettes and e-cigarette liquid should be kept out of the reach of children, as they can be at risk.
- 3) E-cigarette use by children and teens must be discouraged, as it increases their likelihood of cigarette use.

**It's not too late for a flu shot! Appointments are available at all
three offices of MMDHD!**



What is Children's Special Health Care Services?

Children's Special Health Care Services (CSHCS) is a collaboration of the Michigan Department of Health and Human Services (MDHHS) and the Mid-Michigan District Health Department (MMDHD). It's purpose is to provide case management services for children and some adults with chronic health issues, who also have special health care needs.

Among the benefits of CSHCS are assistance with: paying specialty medical bills, coordinating services from multiple providers, learning about specialty providers, coordinating health insurance benefits and covering co-pays and deductibles. Families of all incomes are eligible to join, even if they have other health insurance. The child's medical condition, not the parents' income, determines if one qualifies for the program.

For more information on qualifications for this program, contact a CSHCS representative at:

- Clinton County Branch Office: (989)227-3121
- Gratiot County Branch Office: (989)875-1024
- Montcalm County Branch Office: (989)831-3643
- MDHHS Family Phone Line: 1-800-359-3722
- Or visit www.michigan.gov/cshcs



Michigan WIC Connect

Michigan WIC Connect is a mobile application for potential and current WIC clients (Women, Infants and Children Program). It is available for free through the App Store™ and Google Play™. QR Codes are also available for easy access. The features that WIC Connect offers current WIC clients include:

- Accessing the client's WIC shopping list
- Tracking WIC benefits on the client's smart phone
- Finding WIC foods using the UPC scan feature
- Getting a map and directions to WIC approved stores and WIC clinics
- Updating contact information with WIC
- Getting appointment reminders on the phone

Michigan WIC Connect also provides information for potential clients, including:

- Eligibility requirements
- Appointment scheduling
- Contact information for their local WIC clinic to learn more about the program

For more information about the WIC Program and Michigan WIC Connect, contact Dena Kent, RN, WIC Program Supervisor at (989)831-3609 or dkent@mmdhd.org.



Planning for Winter Emergencies



Winter weather brings the risk of power outages. Being prepared goes a long way towards coping with this unexpected challenge. The Centers for Disease Control and Prevention (CDC) provides these recommendations:

- Prevent carbon monoxide poisoning. Generators should be used outside only, 20 feet from your home.
- Identify and throw away food that may not be safe to eat. If the power is out for more than four hours, food may be at risk. Keep the refrigerator and freezer doors closed as much as possible.
- Water purification systems may not function properly, so using bottle water may be a safer option.
- Limit time spent outside to avoid hypothermia. Wear layers of clothing, which will help to protect body heat.
- Avoid downed power lines. If a power line falls on a car, you should stay inside the vehicle. Warn others not to touch the car or line.
- If medications require refrigeration, you may have to throw out medicines that have been at room temperature. Replace refrigerated drugs as soon as possible.
- Prepare an emergency kit, that could include: water, dried and canned food, and emergency supplies (flashlight, batteries, first aid supplies, prescription medications, digital thermometer) to last three days. Using battery-operated lights is preferable over candles to minimize fire risk.

For more information on winter disaster planning, visit: www.cdc.gov/disasters/poweroutage/needtoknow.html

Hearing and Vision Program

MMDHD, in collaboration with the Michigan Department of Health and Human Services, conducts hearing and vision screenings in all area schools, from preschool through 9th grade. Screenings at the Health Department are scheduled as needed.

Difficulties with hearing and vision impacts a child's ability to read, pay attention, follow directions and learn. It also impacts their home life, social interactions and self worth.

For information, visit: www.michigan.gov/mdhhs or contact Jennifer Stratton, RN at (989) 875-1028 or jstratton@mmdhd.org

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

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