

2018

Board of Health Annual Report

Mid-Michigan District HEALTH DEPARTMENT

CLINTON • GRATIOT • MONTCALM



Keeping generations of families
healthy since 1966



Administrative Staff



Melissa Bowerman
B.S.
Administrative
Services Division
Director



Liz Braddock
M.S., R.S.
Environmental Health
Division Director



Marcus Cheatham
Ph.D.
Health Officer



Jennifer Morse
M.D., M.P.H., FAAFP
Medical Director



Andrea Tabor
R.N., B.S.N., M.P.H.
Community Health
and Education
Division Director

HEALTH OFFICER'S MESSAGE



All local health departments in Michigan must be served by a physician whose job is to provide sound clinical guidance for local public health actions and to educate the community about public health issues. But what does that really mean? What does this person really do?

Sometimes the physician is also the Health Officer (in which case they are called a Medical Health Officer). More typically those roles are split and the physician has the title of Medical Director and serves alongside an administrator called the Health Officer. The Mid-Michigan District Health Department has a Medical Director, Dr. Jennifer Morse, who also serves as Medical Director for the Central Michigan District Health Department and District Health Department #10, each of which has its own Health Officer. These three health departments include 19 counties in total, which is more counties than are covered by any other Medical Director in Michigan, accounting for nearly one fifth of the surface area of the entire state.

A Medical Director must be a physician that is either board certified in preventative medicine or has a Master's in Public Health and not less than 2 years in full-time public health practice before being hired. Michigan's Public Health Code says the Medical Director of a district health department shall be employed by the district Board of Health to provide direction in formulation of medical public health policy and program operation, is responsible for developing and carrying out medical policies, procedures, and standing orders, and for advising the Health Officer on matters related to medical specialty judgments.

In practical terms this means Dr. Morse helps health department staff figure out how to handle a wide range of problems including things like how to deal with the intrusion of toxic vapors into a home, how to manage the investigation of possible tuberculosis exposures, and what to do if someone who prepares commercial food tests positive for Hepatitis A. She is also active on statewide committees including ones working on strengthening Michigan's system of Medical Direction and educating people about the consequences of marijuana legalization.

Dr. Morse says the most interesting thing about being a Medical Director is not knowing what will happen from one day to the next. She mentioned the time she got a call from the Emergency Manager for Gratiot County about several dead piglets, partially dissected, found in a dumpster. He wanted to know if the piglets had been ill or if their bodies could spread disease. Dr. Morse arranged for a Department of Agriculture officer to take the piglets to a pathologist at MSU. Soon the story was in the papers and on TV and the radio. The mystery was solved when someone who had been using the piglets to teach an anatomy class confessed to dumping the bodies. The piglets turned out to be disease free.

A handwritten signature in black ink that reads "Mark W. Cheatham". The signature is stylized with a large, sweeping flourish at the end.

Mark W. (Marcus) Cheatham, Ph.D.
Health Officer

BOARD OF HEALTH

The Board of Health governs the agency's programming, finances and personnel. It is comprised of two county commissioners, appointed by each of the three counties served by the health department. It is the Board of Health's responsibility to see that a plan is formulated and implemented which will provide long-term continuing health protection for the district's residents.



Bruce DeLong ■ Clinton County Commissioner

Number of years on the Board of Health: 8

- Chairperson of the Board of Health
- Chairperson of the Program Committee
- Member of the Finance Committee



Dwight Washington, Ph.D. ■ Clinton County Commissioner

Number of years on the Board of Health: 2

- Member of the Personnel, Well and Septic Stakeholders and Mid-Central Coordinating Committees.
- Representative to the Michigan Association for Local Public Health Board and the Accreditation Commission.



George Bailey ■ Gratiot County Commissioner

Number of years on the Board of Health: 4

- Member of the Finance Committee and Well and Septic Stakeholders Committee



Sam Smith ■ Gratiot County Commissioner

Number of years on the Board of Health: 3

- Member of the Personnel, Program and Mid-Central Coordinating Committees.



Betty Kellenberger ■ Montcalm County Commissioner

Number of years on the Board of Health: 6

- Chairperson of the Personnel Committee
- Member of the Rebranding Committee and Quality Vision Action Team.



Tom Lindeman ■ Montcalm County Commissioner

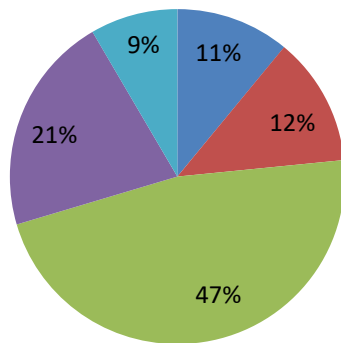
Number of years on the Board of Health: 15

- Vice Chairperson for the Board of Health
- Chairperson of the Finance Committee
- Vice Chairperson of the Mid-Central Coordinating Committee
- Member of the Program Committee.

FINANCES

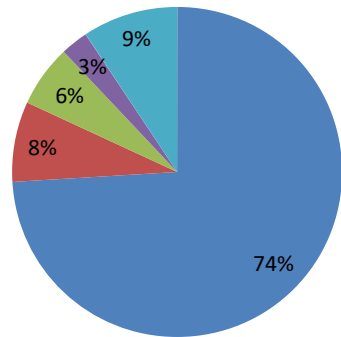
The pie charts below show MMDHD's revenues and expenditures. Most of our funding comes from the State of Michigan (largely federal funds passed through from the Centers for Disease Control and Prevention, the Environmental Protection Agency and the Department of Agriculture). Appropriations from the counties are 21% of our funding. We earn the rest by billing insurance companies, charging fees and receiving grants.

Revenues



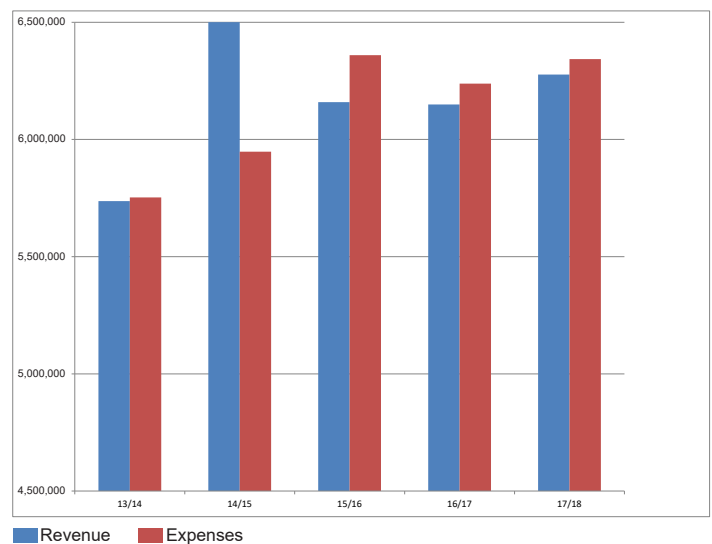
- LICENSES AND PERMITS
- CHARGES FOR SERVICE
- FEDERAL AND STATE FUNDING
- APPROPRIATIONS AND COUNTY FUNDING
- OTHER FUNDING

Expenses



- SALARIES/BENEFITS
- SUPPLIES/EQUIPMENT
- CONTRACTUAL
- TRAVEL
- OTHER

Five-Year Trend





Non-Community Water Supplies

Mid-Michigan District Health Department (MMDHD) is committed to working with the Michigan Department of Environmental Quality (MDEQ) to ensure residents and business owners have safe drinking water. The MDEQ contracts with MMDHD to maintain a non-community water supply program in the District. A non-community water supply provides water for drinking to 25 or more persons at least 60 days per year or has 15 or more service connections. We ensure that our residents are consuming safe drinking water by monitoring and ensuring that certified operators at these facilities are routinely testing the water. We have over 300 year-round supplies, such as schools, churches, restaurants and party stores. We also have seasonal supplies that serve campgrounds and golf courses during the summer.

Water Sampling

Each year, our Environmental Health Specialists collect water samples from homes near sites that have been impacted by contamination through leaking underground storage tanks or industrial activities. This type of monitoring helps determine if drinking wells in the area are safe or if another water supply needs to be considered.

MMDHD continues to offer water testing kits to residents who want to test their drinking water for bacteria or partial chemistry. A courier service transports water samples from our branch offices to the laboratory for a small fee. Water operators required to test their non-community water supply on a quarterly or monthly basis can also use this service. MMDHD also offers sampling services to those who want to periodically have their water tested and to those who are required to have their water tested as part of a home sale.

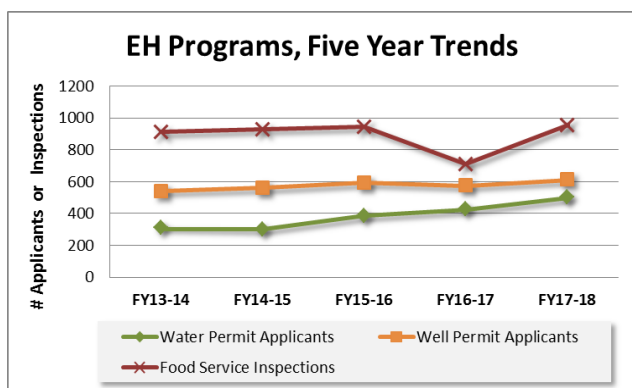
Wells that are no longer being used need to be properly sealed so they don't become a safety hazard and contaminate drinking water. Property owners are responsible for plugging abandoned wells, either by doing it themselves or hiring a licensed well drilling contractor. Old Wells that are functioning properly and in good condition may be used for irrigation, but plumbing changes are required to separate the community water system from the old well.

Testing for PFAS

Michigan has completed statewide PFAS (per- and polyfluoroalkyl substance) sampling. Our partners at the MDEQ coordinated testing of community water supplies in our District, including tribes and schools with their

own sources of water, child care providers, and Michigan Head Start programs classified as non-community water supplies. Information on sampling results are available on the State of Michigan PFAS Action Response Team (MPART) web site at www.michigan.gov/pfasresponse.

Three sites in our District have ongoing PFAS investigations; Ithaca Sanitary Landfill in Newark Township, Central Sanitary Landfill, Pierson and MRP Properties Co, LLC (formerly Total Petroleum Refinery, Alma). Groundwater has been tested at these locations to ensure safety, compliance with standards and to proactively detect and remedy potential problems. Our Environmental Health Specialists are working with MDEQ and Michigan Department of Health and Human Services (MDHHS) to develop plans to assess the risk of drinking wells close to the PFAS sites. Work completed by our Environmental Health Specialists at these sites include community meetings, testing residential drinking water wells for PFAS, providing health effect information to residents, notifying residents of sampling events, result notification to local officials and residents, filter installation and distribution of water.



In 2018, the Environmental Health Division provided services to 3,837 unduplicated clients.

THE FOOD PROGRAM assures the public that meals consumed outside of the home are safe.

THE WASTEWATER PROGRAM helps prevent the spread of disease by overseeing sewage disposal.

THE ENVIRONMENTAL QUALITY PROGRAM assures a safe environment where we live and play.

THE SURFACE AND GROUNDWATER CONTROL PROGRAM protects our lakes, streams and the water we drink.

	Clinton	Gratiot	Montcalm	TOTAL
FOOD PROGRAM				
Advanced food training classes	47	37	81	165
Food service inspections (fixed)	417	273	370	1,060
Food service inspections (temp)	53	46	77	176
TOTAL	517	356	528	1,401
WASTEWATER MANAGEMENT				
On-site sewage disposal permits	146	68	280	494
Site evaluations	213	81	336	630
TOTAL	359	149	616	1,124
ENVIRONMENTAL QUALITY				
Campground inspections	2	4	23	29
DHS inspections	94	50	125	269
Nuisance complaint investigations	27	49	92	168
Public swimming pool inspections	32	4	13	49
Body art inspections	3	2	2	7
Medical waste inspections	10	10	3	23
TOTAL	168	119	258	545
SURFACE/GROUNDWATER CONTROL				
Water well permits	134	99	381	614
Water well monitoring	7	18	2	27
Septage hauler truck inspections	8	14	13	35
Septage site inspections	1	0	8	9
Loan evaluations	22	12	48	82
TOTAL	172	143	452	767



COMMUNITY HEALTH AND EDUCATION

The Breast is Best

One of the largest groups served by the Health Department is pregnant women and mothers with babies. We strongly encourage moms to consider breastfeeding for a number of reasons. First of all, breast milk is just right for your baby, and it changes as your baby grows so the little one is always getting exactly what is needed. Secondly, breastfeeding has been shown to reduce the risk of conditions like childhood obesity and diabetes and it contains antibodies which can stave off contagious illnesses. Another reason to consider breastfeeding is that it can save you money. If you have to buy formula it can cost as much as \$2,000 for one baby. And if baby is sick less often because of being breast fed, that reduces costly doctor visits and medications.

But we know breastfeeding isn't always easy. To help mothers breast feed, the Health Department has long offered the services of our WIC Peer Counselors who offer breastfeeding education, support, and role modeling. Now we are adding a new dimension. One of our team members has become an International Board Certified Lactation Consultant (IBCLC). IBCLCs are certified by the International Board of Lactation Consultant Examiners, Inc. under the direction of the US National Commission for Certifying Agencies. IBCLCs work in communities and health care settings around the world, and right here in Mid-Michigan. Becoming an IBCLC is not easy. They have to pass a rigorous examination and be re-certified every five years. Because of this, they are experienced in a wide variety of complex breastfeeding situations and can assist mothers with establishing and sustaining breastfeeding, even in the midst of difficulties and high-risk situations that can arise.



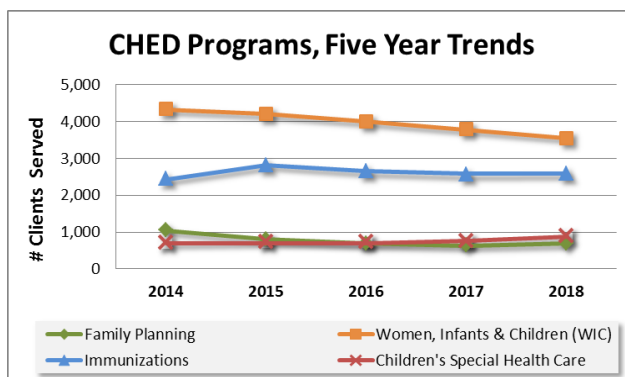
Angie Martin
Registered Dietitian,
International Board Certified
Lactation Consultant

Mid-Michigan District Health Department's IBCLC, Angie Martin, says she is most passionate about breastfeeding because it offers immeasurable benefits, such as decreased risk of cancer, diabetes, illness, and increased cognitive and motor skills. The icing on the cake is that breastfeeding is free, so even the poorest mother can give her baby the best start in life.

"The majority of women choose to breastfeed their babies, and with the right support most are able to successfully do so. My goal is to help them be successful in reaching their goal," said Martin.

Those who need Martin's services need not worry about the cost, because her services are billable to most insurance companies. Those without insurance need not worry either, because she will see clients with or without insurance.

In 2018, the Community Health and Education Division provided services to 32,706 unduplicated clients.



THE MATERNAL AND CHILD HEALTH PROGRAM gives financial, social, nutritional and medical support to qualified families. It reduces infant mortality, ensures healthy births and maintains the health of mothers and babies.

THE CHRONIC DISEASE CONTROL PROGRAM targets specific chronic diseases and focuses on early detection and referral.

THE COMMUNICABLE DISEASE PROGRAM offers testing, education, prevention and treatment to control communicable diseases in our communities

THE ORAL HEALTH PROGRAM provides fluoride varnish to children whose families can't afford dental care.

	Clinton	Gratiot	Montcalm	TOTAL
MATERNAL AND CHILD HEALTH				
Hearing screenings	2,861	2,059	3,750	8,670
Vision screenings	4,337	3,239	5,490	13,066
Children's Special Health Care Services	304	188	40	532
Family planning	194	257	243	694
Women, Infants and Children (WIC)	816	1,137	1,599	3,552
TOTAL	8,512	6,880	11,122	26,514
CHRONIC DISEASE CONTROL				
Breast and cervical cancer control	15	16	0	31
Lead screening	290	320	560	1,170
TOTAL	305	336	560	1,201
COMMUNICABLE DISEASE CONTROL				
Communicable disease control	695	336	589	1,620
HIV counseling and testing	6	13	22	41
Immunizations	982	646	955	2,583
Sexually transmitted disease control	68	77	65	210
TOTAL	1,751	1,072	1,631	4,454
ORAL HEALTH				
Fluoride varnish applications	11	145	381	537
TOTAL	11	145	381	537

In the SPOTLIGHT

Prescription for Health

In Gratiot County, MMDHD convenes a group called Live Well Gratiot, which conducts community health improvement work on behalf of the Gratiot Collaborative Council. In 2018 Live Well Gratiot received a small grant from the Gratiot County Community Foundation to support a Prescription for Health program.

Prescription for Health aimed to improve participants' health by connecting them to the St. Louis Farmers Market through their physician's offices. Health care providers were invited to refer patients to the program if they were concerned the patient had chronic disease risk factors such as poor nutrition or obesity. Upon referral to the program, participants completed six nutrition education classes from the Eat Healthy, Be Active curriculum provided by Michigan State University (MSU) Extension.

After completing the nutrition education classes, participants were given tokens to use at the St. Louis Farmers Market to purchase fresh, local produce as a means of increasing their fruit and vegetable consumption. The classes were taught right at the Farmers Market, so participants could get the ingredients they had learned about and go home and immediately prepare the meals they had been taught.

People really seemed to like the Prescription for Health program. Thirty-four total referrals were made. Of these, 28 actually enrolled, and 26 completed the program. Not only that, but their health seemed to improve, too. Participants took health assessments at the beginning and end of the program. At the beginning of the program, participants' body mass indexes averaged 38.6 and they were down to 37.6 at the end. Average blood sugars were initially 8.0% and dropped to 7.3% at the end.

Prescription for Health got the attention of the Blue Cross Blue Shield Foundation, which gave Live Well Gratiot a grant of nearly \$50,000 to expand the program to 100 participants and operate it for two years, including partnering with the Isabella County farmers market. In addition, the grant will enable the program to add an exercise component in the winter which will be conducted by Alma College.

We would especially like to thank Linda Bader, who managed Prescription for Health at the St. Louis Farmers Market; Bonnie Havlicek, who taught the nutrition education classes for MSU Extension; and the physicians who referred clients to the program.





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Cover photo courtesy of Meadow and Lark Photography

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