



**Barry-Eaton
District
Health
Department**

COMMUNITY OUTREACH HIGHLIGHTS

June 2015

Build a Healthier Workplace Health Educators will help to assess current worksite policies and share ideas for healthy changes. Up to \$500.00 is available per worksite to help implement a health policy or change. Visit www.barryeatonhealth.org in the NEWS section for more details or call Shelli Smith at 517-541-2644.

Food Safety Tips for Summer Gatherings



Remember to Keep Hot Foods HOT and Cold Foods COLD

Hot foods should be held at 140°F or warmer. On the buffet table you can keep hot foods hot with chafing dishes, slow cookers, and warming trays. Cold foods should be held at 40°F or colder. Keep foods cold by nesting dishes in bowls of ice. Otherwise, use small serving trays and replace them.

The Two-Hour Rule

Foods should not sit at room temperature for more than two hours. Keep track of how long foods have been sitting on the buffet table and discard anything there for two hours or more.

No Family Left Indoors Promotes outdoor activity in Barry County. Tuesdays in June, July and August, 6:30 – 8 pm. All programs are free. Call (269) 721-4190 to register. Visit <http://www.cedarcreekinstitute.org/nfli.html> for more information.

Our Annual Report is Ready Learn about BEDHD's 2014 services and achievements. We strive to create a community where everyone can live a long, active, healthy life. The services we provide are one step toward achieving our vision. To view the report, visit www.barryeatonhealth.org under Publications tab, then Administration tab.

Building Bridges for Health

Emergency Preparedness Planning honored at the state and national level. BEDHD recently participated in the Project Public Health Ready pilot project through the National Association for County and City Health Officials. In addition, BEDHD established two new county emergency preparedness partnerships in the community. These locations will serve as Point of Distribution sites in the case of a large scale emergency.



June 9th - ECSAAG-Tobacco Sub-committee Meeting,

8:30-9:30 am, Eaton County RESA

June 16th - Eaton Rapids-Building Healthy Communities Meeting

3:30-5 pm, Eaton Rapids High School Library

June 17th - Barry County Tobacco Reduction Coalition

Noon-1pm, BEDHD, Hastings

June 23rd - Grand Ledge-Building Healthy Communities Meeting

9-10 am, Grand Ledge City Hall

June 24th - B. Healthy Coalition Meeting

1-2:30 pm, Pennock Hospital (Hastings), 4th floor Board Room

Visit Our Website at www.barryeatonhealth.org or Like Us On Facebook
www.facebook.com/barryeatonhealth

Breast and Cervical Cancer Screening Services Are you a woman between the ages of 40-64 years in need of breast cancer screening or diagnostic testing? Depending on your income and situation, you MAY QUALIFY for free services through the Michigan Breast and Cervical Cancer Control Program. For more information, please call the Clinic in Eaton County 517-541-2630 or Barry County 269-945-9516.

Are Local Decision Makers Considering Your Health? Health is largely determined by places in which people live, work, study, and play. These places shape opportunities to make healthy choices and access to resources for health. Health in All Policies (HiAP) means that leaders take time to consider **“How will my decision impact health?”** at all levels of government. Ideally, policy decisions have either neutral or beneficial impacts on the health of your community. To learn more about HiAP visit <http://bit.ly/ORmpOK>

Safe Swimming Pool Maintenance Each year, approximately 25 Michigan residents get seriously injured by pool disinfectant chemicals. At the time of exposure, most people were mixing/applying pool chemicals incorrectly. For information about Safe Storage and Handling of Swimming Pool Chemicals, visit <http://www.barryeatonhealth.org>, click on Publications Tab, then view it under Environmental Health.



Dental Clinic in Charlotte Michigan Community Dental Clinics (MCDC) offers discounted dental services to those who have Medicaid, Delta Dental, those who are low income or uninsured through membership in the Michigan Community Dental Plan (MCDP). There are two levels of membership at MCDC. Call the Toll Free number for more information about services near you at 1-877-313-6232 or visit <http://midental.org/> Local clinic: 623 Courthouse Dr., Charlotte, MI 48813.

Planning for Unique Family Needs Every household is different. Is there an infant or young child in your home? Does someone in your family have a medical condition that requires medication? Do you have a pet? Before disaster strikes, talk to your family about your household's unique needs. Make a list of special items you may need in a disaster. For information about preparing yourself for an emergency, visit <http://do1thing.com>.



Women, Infants and Children (WIC) This program is available to women who are pregnant, breastfeeding, or who recently had a baby; infants; and children until their 5th birthday. The program provides electronic benefits to purchase healthy foods, nutrition education and individual counseling with a Registered Dietitian, breastfeeding education and support, and referrals to other health and social services. To see if you qualify call, Eaton County 517-541-2630 or Barry County 269-945-9516.

Free WORKSITE Quit Smoking Workshops This workshop is for employers and their employees in the Barry and Eaton County area. This FREE program is a no-pressure, one-time workshop that shows your employees how they can be smoke-free. For more information or to schedule a quit smoking workshop at your business or organization contact Jill Sambaer at 517-541-2610 or email jsambaer@bedhd.org.

Bat Activity Summer is the season for the most bat activity, and while they are valuable to our environment they can also carry rabies. Read the FAQ's about Bats and Rabies and how to safely capture a bat in your home at <http://www.barryeatonhealth.org>, under Publications Tab, then Communicable Diseases.

For more information, contact Shelli Smith, Community Health Specialist, 517-541-2644 or ssmith@bedhd.org.