

Connecting Point

A MID MICHIGAN DISTRICT HEALTH DEPARTMENT NEWSLETTER



May 2015

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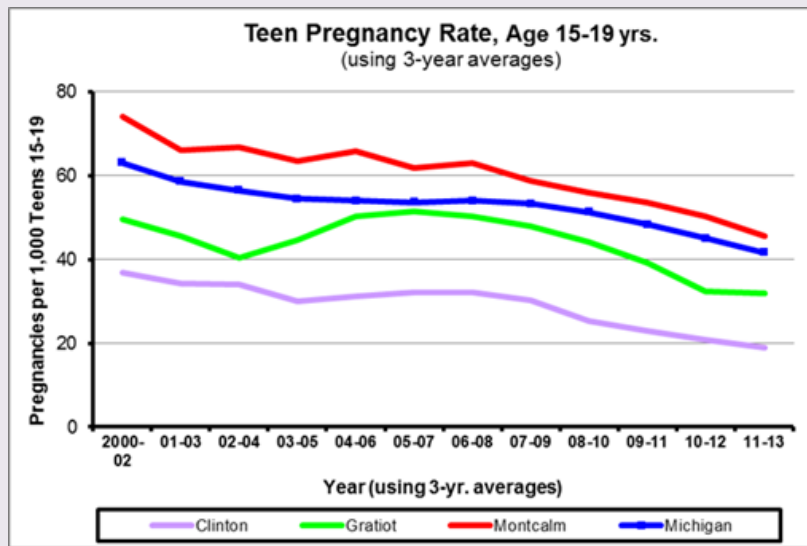
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Visit www.mmdhd.org for more information on agency programs, services and health issues.

Teen Pregnancy

Teen pregnancy rates are on the decline, but continue to be a concern. The teen pregnancy rate represents the number of young women 15 to 19 years of age who have either given birth, experienced an abortion or miscarried, per 1,000 female teens. From 1990 to 2005, Michigan experienced a continuous decline in teen pregnancy. From 2005 to 2008, the rate of decline in the pregnancy rate for 15-19 year-olds in Michigan had flattened, but is once again trending downward. The counties served by MMDHD have generally shown declines in the teen pregnancy rate since 2000. Gratiot and Clinton County rates have remained below that of Michigan, while the Montcalm County rate has consistently remained above that of Michigan. In accordance with Healthy People 2020 goals, efforts to encourage responsible sexual decision-making and increased use of contraceptives are important contributors to the decrease in teen pregnancy. Family Planning services are available in all three counties of MMDHD. For more information, contact Andrea Tabor, RN, BSN, MPH at (989) 831-3639 or atabor@mmdhd.org



Teen Births in 2013 Ages 15-19	
Region	# Births
Clinton County	37
Gratiot County	36
Montcalm County	60
Michigan	7,870

Lyme Disease



Lyme Disease is an illness caused by the bite of an infected black-legged tick. While cases have typically been found on the East Coast, reports of infection are increasing across the country. According to the Michigan Department of Community Health, Lyme Disease cases in Michigan are on the rise, from 80 in 2012 to 114 in 2013. Counties along the west side of the state have been designated “endemic counties” where there is known risk. Clinton, Gratiot and Montcalm Counties are considered to have “potential risk.”

The most obvious symptom of Lyme Disease is a bulls-eye rash (erythema migrans). Other symptoms include fever, chills, headache, muscle and joint pain, and fatigue. Some cases may become more severe, involving the heart, nervous system or arthritis.

For more information about Lyme Disease, prevention, treatment and physician’s reporting requirements, visit www.michigan.gov/emergingdiseases.



WIC Makes a Difference

The Women, Infants and Children's Program (WIC) provides food benefits and nutrition education for pregnant women, infants and children under the age of five. As reported by the Michigan Department of Community Health, the nutritional, health and financial benefits of WIC are many.

Benefits to Women and Newborns

- WIC saves health care dollars. Every WIC dollar spent on a pregnant woman saves over \$3.50 in federal, state, local and private health care costs. (USDA)
- WIC participation significantly increases the number of women receiving adequate prenatal care.
- WIC participation dramatically lowers infant mortality among Medicaid beneficiaries.
- WIC improves the dietary intake of pregnant and postpartum women. It also improves weight gain in pregnant women.
- WIC participation decreases the incidence of low birth weight and lowers pre-term births.

Benefits to Children

- WIC participation lowers the rate of anemia among children ages six months to five years.
- WIC significantly improves children's dietary intake of vitamins and nutrients such as iron, vitamin C, vitamin A, thiamine, protein, niacin, and vitamin B6.
- Four and five year olds who participated in WIC in early childhood have better vocabularies and digit memory scores than comparable children who did not participate in WIC.
- WIC participation leads to higher rates of immunization against childhood diseases.

For more information about the WIC program, contact Jennifer Stratton, RN, at (989) 831-3609 or jstratton@mmdhd.org.

WIC Income Guidelines—185% Federal Poverty Level Effective May 2015 *Additional figures available.

Family Size	Hourly	Monthly	Annual
1	\$10.46	\$1,815.00	\$21,775.00
2	\$14.16	\$2,456.00	\$29,471.00
3	\$17.86	\$3,098.00	\$37,167.00
4	\$21.56	\$3,739.00	\$44,863.00
5	\$25.26	\$4,380.00	\$52,559.00
6	\$28.96	\$5,022.00	\$60,255.00
7	\$32.66	\$5,663.00	\$67,951.00
8	\$36.36	\$6,304.00	\$75,647.00

Montcalm County Recycling Programs



Waste recycling programs provide residents with the opportunity to dispose of unwanted household items that may be hazardous to the environment or personal health. In Montcalm County, MMDHD staff is now working with the Montcalm County Solid Waste Planning Commission to coordinate services for area residents.

Resource Recovery Coordinator Drew Discher and MMDHD are partnering with Comprenew, a Grand Rapids based non-profit electronics recycler, to collect and recycle or reuse e-waste, rather than placing it in landfills where precious metals are lost. The service is available on Tuesdays and Wednesdays, by appointment, at the MMDHD office in Stanton.

Drop Off Recycling is available to Montcalm County residents at seven sites around the county. These sites are available 24 hours a day, and accept bottles and jugs #'s 1-7, metal cans and foil, shopping bags, clear and colored glass, paper, paperboard boxes, newspapers, flattened cardboard and phonebooks. No sorting is required, which makes it easier for residents.

A hazardous waste collection day is scheduled for June 13, 2015, from 9:00 AM to 3:00 PM at the Montcalm Area Career Center in Sidney. A wide variety of hazardous items will be accepted that day, although there are limitations.

For more information about recycling programs and guidelines, contact Drew Discher, Resource Recovery Coordinator, at 989-831-7504, or visit www.montcalm.org

Board of Health Monthly Healthy Living Recommendation for June:

The Board of Health of the Mid-Michigan District Health Department recommends that all children engage in a minimum of one hour of physical activity daily; and adults 18 years and older engage in a minimum of 30 minutes of brisk exercise five days a week.

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

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