

HEALTH HIGHLIGHTS

A Health Newsletter from the Barry-Eaton District Health Department

JANUARY IS RADON ACTION MONTH



Easy, do-it-yourself radon test kits are available for **FREE** to residents of Barry and Eaton counties during the month of January*. There is a limit of one kit per address. **Homes should be tested every 2 years** for high radon levels. Kits are available on a first-come, first-served basis, and supplies are limited. After using it at home, residents should send it to the lab for testing. Pick up a kit here:

Hastings: Health Department, 330 W. Woodlawn Ave.
(269) 945-9516

Charlotte: Health Department, 1033 Healthcare Dr.
(517) 543-2430

Lansing: Delta Township Hall, Assessing Department, 7710 W. Saginaw Hwy.
(517) 323-8520

Delton: Delton District Library, 330 N. Grove St.
(269) 623-8040

*Radon test kits are available at BEDHD offices for \$8 year-round

ANOTHER ROUND OF FREE RAPID COVID TESTS AVAILABLE

Starting November 20, every U.S. household can again place an order to receive four more free COVID-19 rapid tests delivered directly to their home. Anyone who didn't order tests since the program reopened in September will be allowed to place two orders for a total of eight tests. Order test kits through [COVIDtests.gov](https://www.covidtests.gov).

NO AMOUNT OF LEAD IS SAFE FOR CHILDREN

As of 1/1/24, new legislation requires children 12 months (1 yr.) and 24 months (2 yrs.) to be screened for lead in Michigan as no amount of lead found in the blood is safe for children. Rates of lead poisoning have fallen in the last 20 years after advocates began calling for lawmakers and elected leaders to pay attention to lead's effects on children's health. Still, around 4,000 children in Michigan are diagnosed with lead poisoning every year – a number advocates say is likely an undercount. Finding lead in children's blood early on is one of the best ways to keep kids healthy, active and safe.



WHY IS SAFE SLEEP IMPORTANT?

A Michigan baby dies every 2-3 days due to sleep-related causes. Following these steps can help prevent these types of deaths.

Steps to Keep Your Baby Safe:

- 1. Sleep on the Back** - Place baby on the back to sleep.
- 2. In Own Sleep Space** - Place baby in a crib, bassinet or pack 'n play with a firm mattress and a tightly fitted sheet.
- 3. Remove Clutter** - Keep baby's sleep space clutter free—no pillows, blankets or toys.
- 4. Breastfeed** - Feed your baby human milk, if you can.
- 5. Room Share** - Keep baby's sleep space near your bed—share your room, not your bed.
- 6. Avoid Overheating** - Make sure baby doesn't get too warm. If baby is cold, use a sleep sack or wearable blanket.
- 7. No Smoking** - Keep baby's environment smoke and nicotine free.
- 8. Reminders** - Remind everyone who cares for your baby how to keep baby safe while sleeping.

If you are interested in more information about safe sleep email us at info@bedhd.org.

EATON COUNTY SUBSTANCE USE & MISUSE STRATEGIC PLANNING

BEDHD has been asked by Eaton County to facilitate a Substance Use and Misuse Strategic Planning process. The Strategic Planning process will result in a three-year county-wide Strategic Plan that identifies priorities to address substance use and recommendations to address the priorities identified. The hope is that the Strategic Plan would inform the County of the needs of their community and provide recommendations on how to use the Opioid Settlement Funds to address these needs. The strategic planning process kicked off in December and will continue through June 2024. A Strategic Plan will be presented to the Eaton County Board of Commissioners in July 2024. Other voices and perspectives are welcome to join the conversation.

Residents, substance use and misuse experts, business owners and those whose lives have been impacted are encouraged to get involved by completing the [Strategic Planning Interest Form](#).



HAVE YOU SEEN THE HEALTH RESOURCE VENDING MACHINE?

In partnership with Mid State Health Network, BEDHD has installed a NEW Health Resource Vending Machine in the lobby of the BEDHD office in Charlotte (1033 Health Care Dr. Charlotte, MI 48813). The Health Resource Vending machine contains FREE health resources, like Naloxone (Narcan), to anyone in the community in a private and easily accessible way. The machine can be accessed at our Charlotte office during regular business hours across from the Environmental Health department at the top of the stairs inside the main door. We are working to bring a similar vending machine to Barry County soon!

The Health Resource Vending Machine contains:

- Narcan (Naloxone)*
- First Aid Kits
- Medication Disposal Bags
- CPR Face Shields
- Fentanyl Test Strips
- Mini Sharps Disposal Containers
- Dental Kits for Adults and Children (Provided by the Eaton Oral Health Coalition)
- Condoms* (Provided by the Wear One Program at BEDHD)
- Menstrual Products (Provided by Helping Women Period)

*Available in Barry County at the clinic front desk.

RD RECIPE CORNER

Potato Minestrone provided by Jenny Fox, RDN
Great for soup season with lots of veggies & easy to make!



Ingredients:

- 2 cans (14-½ ounces each) chicken or vegetable broth
- 1 can (28 ounces) crushed tomatoes
- 1 can (16 ounces) kidney beans, rinsed and drained
- 1 can (15 ounces) garbanzo beans or chickpeas, rinsed and drained
- 1 can (14-½ ounces) beef broth
- 2 cups frozen cubed hash brown potatoes, thawed
- 1 tablespoon dried minced onion
- 1 tablespoon dried parsley flakes
- 1 teaspoon salt
- 1 teaspoon dried oregano
- ½ teaspoon garlic powder
- ½ teaspoon dried basil
- ½ teaspoon dried marjoram
- 1 package (10 ounces) frozen chopped spinach, thawed and drained
- 2 cups frozen peas and carrots, thawed

Directions:

- In a 5-qt. slow cooker, combine the first 13 ingredients. Cover and cook on low for 8 hours. Stir in spinach and the peas and carrots; cook 30 minutes or until heated through.

WORK WITH US!

Apply to one of the open positions!

www.barryeatonhealth.org



Community Health Worker

Location: Charlotte, MI or Hastings, MI
Open Positions: 2