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An emergency can occur without warning, leaving little or no time for you and your family to plan. What would you do if basic services—water, gas, electricity or telephones—were cut off? Local officials and relief workers will be on the scene after a disaster, but they cannot reach everyone right away. It is necessary for you to learn about the things that you can do to be prepared — before an emergency occurs. Follow the steps listed in this FREE guide to create your family’s disaster plan. Knowing what to do is your best protection and your responsibility.

Email kwright@allegancounty.org at Allegan County Public Health Department’s Emergency Preparedness section to receive this useful guide to print and share with your family and organization.
Children's Special Health Care Services (CSHCS) is a program within the Department of Community Health. It is for children and some adults with special health care needs and their families.

It helps persons with chronic health problems by providing:

- **Coverage and referral** for specialty services, based on the person’s health issues.
- **Family centered services** to support the family as the primary role of caretaker.
- **Community-based services** to help families’ care for children at home and maintain normal routines.
- **Culturally competent services** which demonstrate awareness of cultural differences.
- **Coordinated services** to pull together the services of different providers who work within different agencies.

**Who can join CSHCS?** Children must have a qualifying medical condition and be 20 years old or under. Persons 21 and older with cystic fibrosis or certain blood coagulation disorders may qualify for services. CSHCS covers more than 2,700 diagnoses.

Some common medical conditions that may qualify for CSHCS are:

- Cancer, cerebral palsy, cleft palate/cleft lip, liver disease, club foot, hypospadias, deformed limbs/amputations, myelodysplasia/spina bifida, certain vision disorders, paralysis/spinal injuries, hemophilia/blood clotting disorders, cystic fibrosis/other chronic lung conditions, hearing loss, insulin-dependent diabetes, muscular dystrophy, certain heart conditions, epilepsy/hydrocephalus, neurological disorders, kidney disease, and sickle cell anemia.

**Why Should People Join CSHCS?**

CSHCS work with qualified individuals, parents/legal guardians to ensure that the qualified individuals receive the very best care by:

- Paying specialty medical bills
- Coordinating services from multiple providers
- Learning about specialty providers, such as Doctors, hospitals and clinics
- Coordinating health insurance benefits
- Covering co-pays or deductibles

**How Do I Join CSHCS?**

Ask the individual’s specialist to send a report about the medical condition to CSHCS. If the individual has not seen a specialist CSHCS can make arrangements to have an evaluation. The medical condition, not the individual/parent/legal guardian income determines if he or she qualify for this program. If the individual qualifies, he or she will be invited to join the program. An application will be mailed to the individual/parent/legal guardian. A review of this application will determine if CSHCS ask the individual/parent/legal guardian to share in the cost of services.

**For more information contact:**

Susan Keen, BS, RN, Allegan County Public Health Nurse-CSHCS
Marilyn Weber, Allegan County Public Health Eligibility Examiner-CSHCS
Allegan County Health Department
269-673-5440
FACT 2 out of every 3 Americans are overweight or obese - defined as having a **body mass index** over 25.

FACT In order to lose weight, you have to burn more calories than you consume.

FACT Even small changes in your life will add up to big results.

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**Rule 1: Eat a Healthy Diet**

- Learn how eating right and being physically active are keys to a healthy lifestyle.
- Eat a variety of foods.
- Limit oils (fats) and sweets for a more healthy diet and to prevent weight gain.

**Rule 2: Get Active**

- Get physically active at least 5 times a week, for 30 minutes or more.
- Aim for 60 minutes of moderate-to-vigorous most days of the week to prevent weight gain.
- A longer amount (60-90 minutes) may be needed to keep up weight loss.

<table>
<thead>
<tr>
<th>For...</th>
<th>Try...</th>
</tr>
</thead>
<tbody>
<tr>
<td>Flexibility</td>
<td>Stretching, yoga, dancing</td>
</tr>
<tr>
<td>Strength</td>
<td>Lifting weights, sit-ups, pushups, carrying groceries or a child</td>
</tr>
<tr>
<td>Heart Health (aerobic)</td>
<td>Brisk walking, running, biking, swimming, jumping rope, roller skating, using aerobic equipment (for example, treadmill, stationary bike)</td>
</tr>
</tbody>
</table>

STOP exercising and call 9-1-1 right away if you feel any of the signs below for more than a few minutes:
- Have discomfort or pain in the center of your chest
- Have discomfort in your arm(s), back, neck, jaw, and/or stomach
- Feel dizzy or sick
- Feel short of breath
- Break out in a cold sweat

**Rule 3: Avoid Harmful Substances**

- Limit alcohol consumption; avoid tobacco and illegal drugs altogether.

Source: [http://www.smallstep.gov/get_the_facts.html](http://www.smallstep.gov/get_the_facts.html)
FACTS:

⇒ Cardiovascular disease kills nearly half a million women a year, about one per minute.
⇒ One in 2.6 women will die of heart disease or stroke, compared with one in 30 from breast cancer.
⇒ Heart disease, stroke, and other cardiovascular diseases are the number one killer in Michigan.
⇒ Heart disease and stroke killed more females in Michigan than the next five causes of death combined in 2003.
⇒ Regular screening for high blood pressure, diabetes, high cholesterol, and overweight can help you take early action to control these risks.
⇒ Know your family history for heart disease and associated risk factors. If your father or brother had a heart attack before age 55, or your mother or sister before age 65, you are at a higher risk of heart disease.

WOMEN AND HEART DISEASE SYMPTOMS:

Women often do not have the "classic" heart attack symptoms. The symptoms may be mild and different than those experienced by men.

Women need to know these heart attack signs and symptoms:

• Pain or discomfort in the center of the chest that lasts more than a few minutes, or goes away and comes back. It might feel like an uncomfortable pressure, squeezing, fullness, or pain.
• Pain or discomfort in other areas of the upper body, including the arms, back, neck, jaw, or stomach.
• Other symptoms such as shortness of breath, breaking out in a cold sweat, nausea, or light-headedness.
• Women more than men experience shortness of breath, nausea/vomiting, flu-like symptoms, fatigue, and back or pain radiating to jaw, left arm, or shoulder.

Do not wait until it is too late! This is a matter of life and death! If you experience any of these symptoms, call for help within five minutes. Not wanting to be embarrassed or cause false alarm can be a fatal mistake.

Call 9-1-1 even if you are not sure you are having a heart attack! Many heart attack victims die before they get to the hospital. Calling emergency medical services (EMS) can be lifesaving. EMS personnel can provide life saving treatment as soon as they arrive. If EMS isn’t available, have someone else drive you to the hospital.

TIPS FOR HEART HEALTH:

⇒ Do not smoke, and if you do, quit. Women who smoke are two to six times more likely to suffer a heart attack than non-smoking women. Smoking also boosts the risk of stroke and cancer.
⇒ Aim for a healthy weight. It is important for a long, vigorous life. Overweight and obesity cause many preventable deaths.
⇒ Get moving. Make a commitment to be more physically active. Aim for 30 minutes of moderate-intensity activity on most, preferably all, days of the week.
⇒ Eat for heart health. Choose a diet low in saturated fat, trans fat, and cholesterol, and moderate in total fat.
⇒ Know your numbers. Ask your doctor to check your blood pressure, cholesterol (total, HDL, LDL, triglycerides), and blood glucose. Work with your doctor to improve any numbers that are not normal.
FACTS:
⇒ According to recent estimates, nearly one in three U.S. adults has high blood pressure (or hypertension), but because there are not any symptoms, nearly one-third of these people do not know they have it.
⇒ Even more significant, of all individuals with high blood pressure, only one-third have their blood pressure under control.
⇒ High blood pressure makes the heart work harder than normal. This increases the chance of heart disease.
⇒ Uncontrolled high blood pressure can lead to stroke, heart attack, heart failure, or kidney failure.
⇒ High blood pressure is often called the "silent killer" because most people with high blood pressure have no signs or symptoms, even if blood pressure readings reach dangerously high levels.
⇒ The only way to tell if you have high blood pressure is to have your blood pressure checked. Have it checked regularly with accurate equipment and by a trained health care professional.
⇒ Normal blood pressure is less than 120/80 mm Hg. Readings above 140 and/or 90 mm Hg are considered high.

RISK FACTORS:

High blood pressure has many risk factors. Some you cannot control.

- **Age.** The risk of high blood pressure increases as you get older. Through early middle age, high blood pressure is more common in men. Women are more likely to develop high blood pressure after menopause.
- **Race.** High blood pressure is particularly common among African Americans, often developing at an earlier age than it does in non-Hispanic whites. Serious complications, such as stroke and heart attack, also are more common in African Americans.
- **Family history.** High blood pressure tends to run in families.

Other risk factors for high blood pressure are within your control.

- **Excess weight.** The more you weigh, the more blood you need to supply oxygen and nutrients to your tissues. As the volume of blood circulated through your blood vessels increases, so does the pressure on your artery walls.
- **Inactivity.** People who are inactive tend to have higher heart rates. The higher your heart rate, the harder your heart must work with each contraction - and the stronger the force on your arteries. Lack of physical activity also increases the risk of being overweight.
- **Tobacco use.** The chemicals in tobacco can damage the lining of your artery walls, which promotes narrowing of the arteries.
- **Sodium intake.** Too much sodium or salt in your diet - especially if you have sodium sensitivity - can lead to fluid retention and increased blood pressure.
- **Low potassium intake.** Potassium helps balance the amount of sodium in your cells. If you do not consume or retain enough potassium, you may accumulate too much sodium in your blood.
- **Excessive alcohol.** Over time, heavy drinking can damage your heart.
- **Stress.** High levels of stress can lead to a temporary but dramatic increase in blood pressure. If you try to relax by eating more, using tobacco, or drinking alcohol, you may only fuel problems with high blood pressure.
**FACTS:**

- **Mental Disorders are common in the United States**
  
  1 in 2 Americans has a diagnosable mental disorder each year, including
  
  - 44 million adults
  - 13.7 million children

- **Mental disorders are as disabling as cancer or heart disease in terms of premature death and lost productivity**

- **Research has improved our ability to recognize, diagnose, and treat conditions effectively**
  
  80 to 90 percent of mental disorders are treatable using medication and other therapies

- **Of those with a diagnosable mental disorder…**
  
  Fewer than half of adults get help
  
  Only one-third of children get help

- **Suicide as a Public Health Problem**
  
  Suicide is the 8th leading cause of death in the U.S.
  
  81 Americans die by suicide each day
  
  Since 1980, suicide has doubled among young African American males in America
  
  80 to 90 percent of people who die by suicide are suffering from a diagnosable mental illness

- **African Americans**
  
  More likely to experience a mental disorder than their white counterparts
  
  Less likely to seek treatment
  
  When they do seek treatment, they are more likely to use the emergency room for mental health care, and they are more likely than whites to receive inpatient care

- **Hispanics**
  
  Rate of mental illness tends to be similar to that among non-Hispanic whites
  
  But, Hispanic women tend to suffer from depression more often than Hispanic men
• **Asian American/Pacific Islanders**

  Only 25 percent as likely as whites and 50 percent likely as African Americans and Hispanics to seek outpatient care and are less likely than whites to receive inpatient care; When they do seek care, they are more likely to be misdiagnosed as "problem-free"

• **American Indians/Alaska Natives**

  Appear to suffer disproportionately from depression and substance abuse

  Overly represented in in-patient care as compared to whites, with the exception of private psychiatric hospitals

**Barriers to Care**

- Income
- Managed Care, Medicare/Medicaid
- Stigma
- Consumers unappreciative of treatment
- Health care providers unaware of treatments

**Vision for the Future**

⇒ Increase public awareness of effective treatments:
⇒ Overall quality of life improves tremendously when a mental disorder is diagnosed early and treated appropriately

⇒ Ensure the supply of mental health services and providers:
  ◦ Parity in the way we provide service
  ◦ Community-based approaches
  ◦ Culturally competent physicians and therapists
  ◦ Facilitate entry into treatment
  ◦ Reduce financial barriers to treatment

⇒ Tailor treatments to age, gender, race and culture

STATISTICS:

- Babies born of unintended pregnancy are more likely to receive inadequate prenatal care and be born with low birth weight, increasing their chances for impaired brain development and learning disabilities.

- Family Planning clinics at local health departments have been very effective in reducing unintended pregnancies.

- Since 1990, both pregnancy and abortion rates have decreased for women ages 19 to 44.

- It will cost about $186,000 in today’s dollars to raise a child to age 18.

- If Michigan reduced the number of unintended pregnancies by 10 percent, the state would save more than $27 million in Medicaid expenditures annually.

WHAT YOU SHOULD KNOW:

- Family Planning is a preventive health service that positively impacts the health and well-being of women, children, and families.

- Family Planning reduces abortions and unwanted pregnancies by empowering men and women to make informed reproductive health choices.

- Family Planning clinics offer the opportunity to detect other infections, such as Sexually Transmitted Diseases (STDs) and cervical cancer.

- The primary target population for family planning services is low-income women and men. Individuals with income levels at or below poverty may receive the full array of program services at a sliding fee scale as needed. No one is denied services because of inability to pay.

- Family Planning is a mandated health service under the Michigan Public Health Code.

SERVICES AVAILABLE for males and females regardless of income:

**FAMILY PLANNING of ALLEGAN COUNTY (269) 686-4560**

- General reproductive health assessment
- Screenings for breast and cervical cancer, and STDs
- Comprehensive contraception services
- Pregnancy detection
- Basic infertility services
- Client and community education
- Follow-up and referral for problems

*Plan First! family planning services are available at no cost to low-income women without any insurance.*
When you see an adult suddenly collapse, use Hands-Only CPR: that is CPR without mouth-to-mouth breaths. And it can help save lives. Hands-Only CPR is CPR without mouth-to-mouth breaths. It is recommended for use by bystanders who see an adult suddenly collapse in the "out-of-hospital" setting. This is done until help (someone trained in CPR/AED) arrives.

It consists of two steps:

Call 911 (or send someone to do that and get the AED, if one is available). Or 9911 in the county buildings.

Begin providing high-quality chest compressions by pushing hard and fast in the center of the chest with minimal interruptions (100 compressions per minute...think of the beat of, "Stayin' Alive" by the Bee Gees)

How to give effective compressions:

Locate area for compression; it is the center of the chest between the nipples.

Place the heel of one hand in the center of the chest, between the nipples.

Use two hands; one on top of the other.

Push hard and push fast; let chest return to normal between compressions. Compression depth is 1 1/2 to 2 inches.

Deliver 100 compressions per minute; think of the beat of "Stayin' Alive". Sing the song, if you have trouble staying in rhythm.

The American Heart Association recommends conventional CPR (that is, CPR with a combination of breaths and compressions) for all infants and children, for adult victims who are found already unconscious and not breathing normally, and for any victims of drowning or collapse due to breathing problems.

2005–2007 Triennial Allegan County Communicable Diseases Count

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<thead>
<tr>
<th>Event Name</th>
<th>2005</th>
<th>2006</th>
<th>2007</th>
<th>Event Name</th>
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<tr>
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<td>13</td>
<td>West Nile Virus</td>
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<tr>
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<td>2</td>
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<td>8</td>
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<td>40</td>
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<tr>
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<td>11</td>
<td>TB Active</td>
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<td>2</td>
<td>0</td>
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<tr>
<td>Cryptosporidiosis</td>
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<td>3</td>
<td>TB Latent</td>
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<td>9</td>
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<td>Histoplasmosis</td>
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</tbody>
</table>
The O’Leary Foundation is a philanthropic organization dedicated to the support of programs in human services, education and health care initiatives that offer significant potential support for individual development and community enhancement.

This year’s co-recipient will be Allegan County Health Department’s Power up Health Fair, to assist children in Allegan County in making better nutritional choices. This fair will be held in conjunction with Allegan County Middle School and the Migrant Workers Camp.

The O’Leary Foundation’s 6th annual fundraising event will exonerate Muriel and Bob’s legacy. It is a wonderful mixture of good food, music and dancing, LIVE and SILENT AUCTION. Tickets are $50 per person and include dinner, non-alcoholic beverages, beer and wine.

Tickets are limited to the first 200 tickets sold. The O’Leary Foundation is a non-profit 501(c)(3) corporation. All charitable contributions are tax deductible.

For ticket information, please call Maureen O’Leary Morin at (906) 482-4992.