Autumn Health and Safety Tips!

With the season changing into Autumn and soon winter, there are things to consider when keeping you and your loved ones safe: the flu, cold weather, and who could forget holiday eats!

Take the time and double check some routine health maintenance you can do for yourself and your family.

Click here for Autumn Health and Safety Tips!

Radon

Radon is the number 1 leading cause of lung cancer among non smokers. Once your house is closed up for the winter, Radon poses a higher risk. Come into the Allegan County Health Department for a FREE TEST KIT!

Falling

“Each year, millions of older people—those 65 and older—fall. In fact, one out of three older people falls each year, but less than half tell their doctor. Falling once doubles your chances of falling again.”

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To learn more about the Allegan County Health Department click on the links above to our Facebook and Twitter!
Although genetics, and lifestyle factors such as eating, exercise, sleep habits, and stress, can be reflected in one's health, there are also numerous environmental factors that can have an effect on a person's body and immune system. Some of the most important factors can reside in your home where a large amount of time is spent. Take a moment and learn about some of these factors that could be hurting your health.

Click to learn how your home could be effecting your health!

Health Department FAQ's

The boxes below are filled with links to additional information on topics pertinent to the health of you, your family, and the environment.

Click a topic of interest to find out more!
Get Smart About Antibiotics Week is an annual one-week observance to raise awareness of antibiotic resistance and the importance of appropriate antibiotic prescribing and use.

Each year in the United States, at least 2 million people become infected with bacteria that are resistant to antibiotics and at least 23,000 people die as a direct result of these infections. Many more people die from other conditions that were complicated by an antibiotic-resistant infection.

On September 18, 2014, the White House announced an Executive Order stating that the Federal Government will work domestically and internationally to detect, prevent, and control illness and death related to antibiotic-resistant infections by implementing measures that reduce the emergence and spread of antibiotic-resistant bacteria and help ensure the continued availability of effective therapeutics for the treatment of bacterial infections.

The use of antibiotics is the single most important factor leading to antibiotic resistance around the world. Antibiotics are among the most commonly prescribed drugs used in human medicine. However, up to 50% of all the antibiotics prescribed for people are not needed or are not optimally effective as prescribed. Antibiotics are also commonly used for promoting growth in food animals, one type of use that is not necessary.

Get Smart About Antibiotics Week 2015

During November 16-22, 2015, the annual Get Smart About Antibiotics Week will be observed. The observance is a key component of CDC’s efforts to improve antibiotic stewardship in communities, in healthcare facilities, and on the farm in collaboration with state-based programs, nonprofit partners, and for-profit partners. The one-week observance raises awareness of the threat of antibiotic resistance and the importance of appropriate antibiotic prescribing and use.

To learn more about Antibiotics Week click the links below!

1. www.cdc.gov/getsmart
The work of the environmental health field is critical to improving everyone's health, well-being and quality of life. Yet many people are unaware of this. Recent research by the FrameWorks Institute reveals:

- The term "environmental health" isn't familiar to most Americans. When asked to guess what the term might mean, the most likely response is about how humans affect the environment, but not how the environment affects public health.

- Many Americans assume health outcomes mostly result from individual choices about diet and exercise. The connections between our environment and public health are difficult to imagine.

- People can grasp how contaminants can affect health. But this narrow focus on "toxic chemicals" makes it tough to understand other environmental health issues.

By understanding what the public thinks about environmental health, we have uncovered better strategies for talking with the public about environmental health work and the impacts of our environments on public health.