

Dickinson-Iron District Health Department

THE PUBLIC HEALTH PRESS



Health Health Disease
 ~Protection * Education * Prevention~

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~An Active Member of the Dickinson-Iron County Community Collaboratives~

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Our Mission

“To assure the highest possible level of health for the people of the communities we serve.”

Inside this issue:

September is
National Childhood
Obesity Month

2

National Depression
Screening Day
October 6, 2016

2

Getting Started with
Farm to School

3

November is
American Diabetes
Month

4

September is “Be Prepared” Month

Disasters can happen at any time. We can count on influenza and possible power outages due to severe weather this winter. In addition, there is potential for foodborne outbreaks, a hazardous materials accident, another pandemic influenza outbreak, or a wild fire during the year. While the Dickinson-Iron District Health Department is working to protect the community in the event of an emergency, health officials are urging everyone to take responsibility for the safety of their family and be prepared for all emergencies.

In an emergency, your safety and the safety of your family may depend on decisions made in a few seconds. Be prepared - have a plan and supplies, remain calm, stay informed, and be ready to activate your disaster plans.

Here are some things that families can do to prepare for a potential disaster:

- Be proactive, not reactive. Create a family emergency plan and talk about it ahead of time - taking action before an emergency occurs helps people deal with disasters of all sorts much more effectively when they do occur.

- Get a flu shot every year.

- If you are like millions of animal owners nationwide, your pet is an important member of your household. Your family emergency plan must include your pets. Being prepared can save their lives.



- If a winter storm, power outage, or other disaster strikes your community, you might not have access to food, water, and electricity for several days. You may need to survive on your own after a disaster. Have your own food, water, and other supplies in sufficient quantity to last for at least three days in the event of a weather-related disaster or at least two weeks in the event of a severe influenza outbreak or prolonged emergency.

- Keep a battery operated NOAA weather radio as well as a regular radio nearby with extra batteries to stay informed.

- Help vulnerable family members and/or neighbors prepare, if you are able.

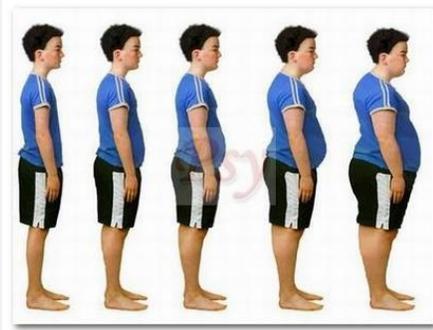
- Get guidance at www.ready.gov.

Public Health: “Helping to keep you safe and healthy this fall season.”

September is National Childhood Obesity Month

September is National Childhood Obesity Month. During the past four decades, obesity rates have soared among all age groups, increasing more than fourfold among children ages six to 11. More than 23 million children and teenagers (31.8 percent) ages two to 19 are obese or overweight, a statistic that health and medical experts consider an epidemic.

The growing rate of childhood obesity in our country is alarming. The Dickinson-Iron District Health Department recognizes the serious threat obesity poses to the health of America's children and the importance of decreasing its prevalence not only in our local communities, but across the entire United States.



Obese young people are more likely than children of normal weight to become overweight or obese adults. As a result, they are more at risk for associated adult health problems such as heart disease, type 2 diabetes, sleep apnea, stroke, several types of cancer and osteoarthritis.

The financial implications add up to a sobering \$14 billion per year in direct health care costs alone. Americans spend approximately nine percent of their total medical costs on obesity related illnesses. Additionally, there are psychosocial consequences that can hinder academic and social functioning and persist into adulthood.

These severe consequences underscore the critical importance of children and teens to participate in physical activity and to engage in healthy eating habits. Childhood obesity is entirely preventable.

It's up to adults to encourage these healthy habits. September 2010 was the first National Childhood Obesity Awareness Month, established by presidential and congressional proclamations. Nothing can be more important than protecting the health and wellbeing of our children for years to come. With a strong unity of purpose, we can make a difference for our kids. The Health Department looks forward to parents, health care providers, educators, civic leaders and organizations joining the effort to end childhood obesity.

National Depression Screening Day October 6, 2016

Held annually during Mental Illness Awareness Week in October, National Depression Screening Day (NDSD) is comprised of awareness events that include an optional screening component.

National Depression Screening Day began as an effort to reach individuals across the nation with important mental health education and connect them with support services. Screening for Mental Health (SMH) pioneered National Depression Screening Day as the first, voluntary, mental health screening initiative in 1990.

Twenty-five years later, NDSD has expanded to thousands of colleges, community-based organizations, and military installations providing the program to the public each year.

To learn more about mental health programs and screenings, please visit mentalhealthscreening.org.



Getting Started with Farm to School

What is Farm to School? Farm to school enriches the connection communities have with fresh, healthy food and local food producers by changing food purchasing and education practices at schools and early care and education sites. Farm to school implementation differs by location but always includes one or more of the following: (1) Procurement: Local foods are purchased, promoted and served in the cafeteria or as a snack or taste-test; (2) Education: Students participate in education activities related to agriculture, food, health or nutrition; and (3) School gardens: Students engage in hands-on learning through gardening. Farm to school empowers children and their families to make informed food choices while strengthening the local economy and contributing to vibrant communities.

Getting Started. Farm to school offers multiple strategies to improve the health of children and communities. However, getting started can be daunting. These simple first steps will help you develop a lasting farm to school program in your community.

1 Assess where you are and where you'd like to be. Are your goals centered on:

- Procurement of local foods to be served in school?
- Establishing a school garden?
- Integration of farm to school within the curriculum?
- All of the above?

2 Form a team and collaborate. School food service staff, teachers, administrators, local farmers, students, parents and community organizations each have an important role in establishing a sustainable farm to school program.



3 Establish one or two attainable goals to get started. Some ideas include:

- Identify menu items that you would like to transition to local products.
- Find a farmer or distributor to connect you to local items.
- Plan a local meal event.
- Determine training needs to assist food service staff with incorporating farm fresh items in meals.
- Bring a school garden planning team together.
- Identify curricular opportunities to connect to a school garden.
- Bring a chef into the classroom.
- Plan a farm field trip or host a tasting event featuring local produce.

4 Learn from others. If you are running into an obstacle, there is likely someone who has run into it before. Connect and learn from others through:

- The National Farm to School Network (farmtoschool.org). Find abundant resources and contact information for people in your state and region who are working on farm to school.
- Your state's School Nutrition Association. Learn how others in your state are approaching farm to school in their school/district.
- The Child Nutrition Program at your state agency (typically your Department of Education or Department of Agriculture).



5 Promote farm to school in your school and community.

- Signage or posters in the cafeteria or classroom
- Bulletin boards throughout the school
- School newsletters (print and electronic)
- School website
- School events and parent teachers associations
- Local media

To join the *Farm to School* network or for more information visit FarmtoSchool.org.

November is American Diabetes Month

American Diabetes Month is a time to raise awareness of diabetes prevention and control. In the United States, more than 25 million people are living with diabetes and 79 million more are at risk of developing type 2 diabetes. Over time, if it's not controlled, type 2 diabetes can cause serious health problems like heart disease, stroke, and blindness.

You may be at risk for type 2 diabetes if you:

- Are overweight
- Exercise less than 3 times a week
- Are over 45 years old
- Have high blood pressure or high cholesterol
- Are African American, Latino, American Indian, Alaska Native, Asian American or Pacific Islander
- Have a parent, brother, or sister with diabetes



You can do a lot to lower your chances of getting type 2 diabetes by:



- Eating healthy
- Watching your weight
- Being active
- Controlling your blood pressure and cholesterol



For more information on diabetes and diabetes prevention, please visit: www.diabetes.org.

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