

Dickinson-Iron District Health Department

THE PUBLIC HEALTH PRESS



Health Health Disease
~Protection * Education * Prevention~

Volume 7, Issue 2

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

Spring '09

Our Mission

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

Health Care Coverage Options

(By Denise Berland, Office Supervisor)

The staff at the Dickinson-Iron District Health Department has been trained to apply on-line for the Healthy Kids, Healthy Kids for Pregnant Women, MICHild, Maternity Outpatient Medical Services and Plan First! health care programs.

The Health Department is a Qualified Agency and can provide a pregnant woman with a Guarantee of Payment Letter for pregnancy-related services on the same day the application is entered and processed on-line.

Below is a brief description of the health care programs that the Health Department can apply on-line for clients. Other health care programs for different populations are available through the local Department of Human Services office.



Inside this issue:

What is Lyme Disease?

2 Some of the services provided are doctor visits, hospital care, lab/x-rays, medicines, mental health services, surgery, emergency care, pre-natal care, family planning, vision and hearing care, substance abuse, and dental services.

A Facelift for WIC (Women, Infants and Children) Supplemental Food and Nutrition Program

2 **Healthy Kids for Pregnant Women** is a Medicaid health care program for a Michigan woman while she is pregnant, including the month her pregnancy ends and during the two calendar months following the month her pregnancy ends, regardless of the reason (for example: live birth, miscarriage). She must be a U.S. citizen or a qualified immigrant and meet family income limits. A family of 4 making \$39,220 a year may qualify. The unborn child is counted as a family member. There is no monthly premium for Healthy Kids for Pregnant Women.



Health Care Coverage Options (Cont.)

3

A Facelift for WIC (Women, Infants and Children) Supplemental Food and Nutrition Program (Cont.)

3

Some of the services provided are doctor visits, hospital care, lab/x-rays, medicines, mental health services, surgery, emergency care, pre-natal care, family planning, vision and hearing care, substance abuse, and dental services.

National Public Health Week

4

Maternity Outpatient Medical Services (MOMS) – The goal of the MOMS program is to provide immediate health coverage for pregnant women. It provides outpatient prenatal coverage only. The MOMS program is available to provide immediate prenatal care while a Medicaid application is pending. Other women who may be eligible for MOMS include:

(Cont. on page 3)

"Public Health provides encouragement, hope and assistance where needed."

What is Lyme Disease?

Lyme disease is an illness caused by a bacterium (*Borrelia burgdorferi*). This disease is transmitted to people and animals primarily by the bite of the tick, *Ixodes scapularis*. The disease is acquired by a tick bite from an infected deer tick. The bite of a tick is usually painless. Only nymph and female adult deer ticks transmit Lyme disease to humans and the tick must be attached for at least 24 hours to transmit the disease.

People who spend time outdoors in tick infested environments are at an increased risk of exposure. Most cases have reported an exposure to ticks during the months of May through August. Exposure can occur whenever the temperature at ground level is warm enough for ticks to be active.

Lyme disease in humans is usually not a life-threatening illness. It is most often a mild illness mimicking a summer flu, but serious problems involving the heart, joints and nervous system may develop in some individuals.

Prompt diagnosis and treatment with antibiotics can cure the infection and prevent later complications in both humans and domestic animals. Treatment during later stages of the disease often requires more intensive antibiotic therapy.

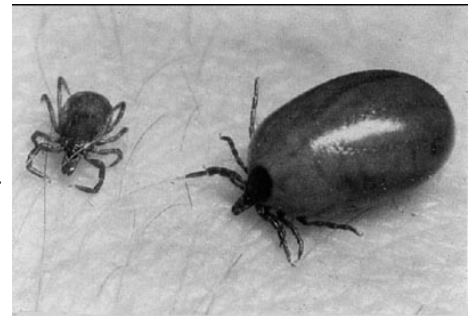
While there is no sure way to completely eliminate the chance of contracting Lyme disease, there are several specific preventative measures one can take:

1. Wear long pants tucked into boots or socks and wear long-sleeved shirts buttoned at the cuff.
2. Use tick repellents containing 0.5% permethrin or mosquito repellents containing 30% DEET.
3. Examine clothing, skin and pets for ticks and remove them promptly.

To remove an attached tick, grasp it with narrow-bladed tweezers or forceps as close as possible to attachment (skin) site, and pull upward and out with a firm and steady tension. If tweezers are not available,

use fingers shielded with tissue paper or rubber gloves. Do not handle with bare hands. Be careful not to squeeze, crush or puncture the body of the tick which may contain infectious fluids. After removing the tick, thoroughly disinfect the bite site and wash hands. See or call a doctor if there is a concern about incomplete tick removal. It is important that a tick be properly removed as soon as it is discovered.

Be aware of Lyme disease, but do not be so concerned that you cannot enjoy the outdoors. The risk of developing the illness is minimal in Michigan and even if infection occurs the disease can be diagnosed and treated with antibiotics.



Additional information on Lyme disease can be accessed at www.michigan.gov/dnr or at the Dickinson-Iron District Health Department at 906-779-7239 or 906-265-9913.

(Information from Michigan's Department of Natural Resources)

A Facelift for WIC (Women, Infants and Children) Supplemental Food and Nutrition Program

(By Margie Surface, PH Coordinator)

WIC is making life better for our clients and staff at the Dickinson-Iron District Health Department. Currently, there are three Michigan WIC Initiatives that are changing how we work WIC. The first is the Electronic Benefits Transfer (EBT) system which provides an easy and client-friendly way of getting food benefits to our clients by uploading their food package to what is like a debit card called the Michigan WIC Bridge Card. EBT does not change the amount of WIC benefits, but rather makes getting them faster, easier and safer. No more lost coupons or delayed payments to our vendors. This system has been in place since October and is well received by our participants and stores.

(Cont. on page 3)

Health Care Coverage Options

(Cont. from front page)

- Teens who, because of confidentiality concerns, choose not to apply for Medicaid, and
- Non-citizens who are eligible for emergency services only.

The woman must use Medicaid benefits if and when they become available. Prenatal health care services will be covered by MOMS and/or Medicaid for the entire pregnancy and for two months after the pregnancy ends. There is an income limit for all persons (same as Healthy Kids for Pregnant Women above) except pregnant teens. The local health department or other Qualified Agency can help women apply for the MOMS program and obtain a Guarantee of Payment letter that enables the woman to obtain pregnancy-related outpatient care while she is waiting to receive Medicaid coverage.

Plan First! program covers Family Planning services for Michigan women age 19-44. She must be a U.S. citizen or qualified immigrant and meet family income limits. A family of 4 making \$39,220 a year may qualify. There is no monthly premium for Plan First! An applicant may not have health insurance that covers family planning services, be pregnant, or enrolled on Medicaid.

Some of the services provided are office visits for family planning services, birth control prescriptions, birth control supplies and devices, lab tests, tubal ligations and treatment of sexually transmitted infections.

MIChild is a health insurance program. It is for uninsured children of Michigan's working families who are 18 or under. The person must be a U.S. citizen or qualified immigrant and meet family income limits. A family of 4 making \$42,400 a year may qualify. There is a monthly premium of only \$10 per family, regardless of the number of children enrolled. There are no co-pays or deductibles.

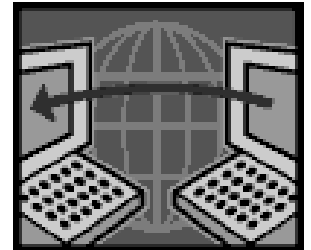
MIChild services are provided by many HMOs and other health care plans throughout Michigan. Some of the services provided are doctor visits, hospital care, lab/x-rays, medicines, mental health services, surgery, emergency care, prenatal care, family planning, vision and hearing care, substance abuse, and dental services.



A Facelift for WIC (Women, Infants and Children) Supplemental Food and Nutrition Program

(Cont. from page 2)

The second is a new web-based computer software system called MI-WIC that we will implement in May. It will be very user-friendly and will promote efficiency and effectiveness in our clinics. Some of the time saving features will be that the system will automatically calculate income, schedule appointments, plot out growth on the growth chart, suggest risk codes for eligibility after entering key data into the system, and suggest educational topics, goals and objectives based on a client's risk. WIC will be essentially paperless.



And last, by October 2009, we will implement the new WIC food package revisions. The Institute of Medicine provided USDA with a sound scientific basis for developing a new set of food packages for the WIC Program. WIC's food package has not had any major changes in 30 years. The revised food packages retain the same food categories but add new food categories and optional substitutions for some current food categories to better meet the needs of WIC's diverse population. These include adding fresh fruits and vegetables, adding soy-based beverage and tofu as milk alternatives, adding whole grains and reducing some food allowances, which include milk, eggs and juice. The new food packages will also better promote and support the establishment of successful long-term breastfeeding by increasing the quantity of foods in the food packages provided to breastfeeding mothers and infants. All of these changes to the WIC food packages hold potential for improving the nutrition and health of the nation's lower-income pregnant women, new mothers, infants, and young children.

In May, the WIC staff will be attending a week long training to learn how to change over to the new MI-WIC computer system. Because of this, **the WIC offices will be closed and we will not be able to provide benefits, including formula, for any reason during this time.**

Please bear with us during this inconvenience, as we get ready to serve our participants better. The WIC offices will re-open Monday May 18th. WIC is an equal opportunity provider.

**DICKINSON-IRON DISTRICT
HEALTH DEPARTMENT**

601 Washington Ave.
Iron River, MI 49935
and
818 Pyle Drive
Kingsford, MI 49802

Phone:
(906) 265-9913
(906) 774-1868

Fax:
(906) 265-2950
(906) 774-9910

E-mail: rumpf@hline.org

Serving you since 1936

We're on the web!
www.didhd.org

**THE PUBLIC
HEALTH PRESS**

is published quarterly by
the Dickinson-Iron Dis-
trict Health Department

Linda Piper,
Director

Kelly Rumpf, Editor
Health Educator

**National Public Health Week
(April 6 - 12, 2009)**



National Public Health Week
April 6-12, 2009 • www.nphw.org

The theme for National Public Health Week 2009, which will be celebrated April 6-12, is

"Building the Foundation for a Healthy America."

This theme will guide efforts to ensure that core public health principles such as preventing disease and promoting health are the foundation upon which our nation's current dialogue about health reform is built.

Our nation's health is an important issue among policy-makers and there can be no successful health reform without the support of a strong public health infrastructure. Each day of the

National Public Health Week will focus on a different setting through which our health is impacted:

- **Monday:** Your state - Building the foundation for a healthy Michigan
- **Tuesday:** Your community - Addressing the impact of where we live on our health
- **Wednesday:** Your workplace - Supporting healthy employees and healthy businesses
- **Thursday:** Your schools - Nurturing healthy students and educator
- **Friday:** Your home - Protecting and promoting health in our daily lives.

For more information on National Public Health Week, please visit www.nphw.org.

**HEALTH DEPARTMENT
ADMINISTRATION**

Linda Piper, RN, BSN, MPH
Director/Health Officer

Teresa Frankovich, MD, MPH
Medical Director

Stephen Markham, BS
Finance Director

Joyce Ziegler, RNC, BSN
Community Health Services Director

Daren Deyaert, RS, BS
Environmental Health Director

**DICKINSON-IRON DISTRICT
BOARD OF HEALTH**

George Brunswick, Chair
Frank Smith, Vice Chair
Bob Black
Rosalie King
Joe Stevens
Henry Wender

"Public Health provides encouragement, hope and assistance where needed."