



District Health Department #10

Find us online at www.dhd10.org

Facebook.com/healthdept10



Healthy People Healthy Communities

2013 Annual Report



Our Mission

To promote and enhance the health of all individuals through education, prevention, intervention, and protection of the environment.

Our Values

- ◆ Accountability
- ◆ Customer Service
- ◆ Positive Attitude
- ◆ Communication
- ◆ Integrity
- ◆ Responsibility

We would like to coin a new phrase: *Citizen Doctors*

Citizen Doctors are people that positively affect the good health of the populations of our counties. They don't go to medical school, they might or might not go to college, they don't wear white coats, and they don't work in hospitals. Yet **Citizen Doctors** save more lives than surgeons, are far more effective at saving lives than the latest wonder drug, and essentially do this work for less than minimum wage.

Citizen Doctors play a vital role in the community. They wrestle with tight budgets, they get ulcers from trying to match priorities to limited resources, and they have witnessed decreasing support from state and federal legislators. You know your **Citizen Doctor**. You probably live next to them or down the road from them. You went to school with them, you might go to church with them, and you may have done business with them.

Citizen Doctors go through a rigorous process to earn their stripes. They go door to door meeting their neighbors and community members. They spend hours and hours at meetings. A **Citizen Doctor** is a member of the Board of Health. By exercising the power of the purse, Citizen Doctors provide the major influence over local community health policy. **Citizen Doctors** keep sewage out of our drinking water, help restaurateurs serve safe food, provide for the immunization against preventable diseases, and make it possible for people to receive educational material for a healthy life.

These Board of Health members put partisan politics to the side and strive to do the best for the people they represent. Their job endless at times. We appreciate the work they do to protect our community and the commitment they provide in assuring a strong public health system for your community.

Board of Health

Crawford County

Shelley Pinkelman

Phil Lewis

Kankaska County

Deb Kimball

Patty Cox

Lake County

Sandy Clarke

Colleen Carrington-Atkins

Manistee County

Ken Hilliard

Jim Krolczyk

Mason County

Bill Carpenter

Mary Nichols

Mecosta County

Art Adleman

Ray Steinke

Missaukee County

Susan Rogers

Hubert Zuiderveen

Newaygo County

Stanley Nieboer

Chris Ortwein

Oceana County

Evelyn Kolbe

Larry VanSickle

Wexford County

John Fuscone

Gary Taylor

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NOTE: The insert contains the
2013 Annual Report Data Supplement.

A Message from our

Health Officer & Medical Director



*Linda VanGills
Health Officer*



*Dr. Robert Graham
Medical Director*

Dear Residents,

It is with great pleasure I share the accomplishments of your public health department for fiscal year 2013. Please be assured that the public health staff in your community are highly trained and committed to improving health outcomes. When public health is doing its best work you do not hear a lot about us. DHD#10 staff are busy inspecting restaurants, insuring safe water and sewage disposal, following up on communicable diseases, tracking and providing disease preventable immunizations, promoting healthy outcomes for at risk pregnant women, providing various health screenings, and promoting health through outreach and education.

DHD#10 participated in the Michigan Public Health Accreditation Program review in June of 2013, there were 190 required indicators, 91 were met with commendation, 6 indicators required corrective action. The corrective actions have been accepted and the department was accredited with commendation status.

The department has completed the three required documents for National Public Health Accreditation: Community Health Assessment, Health Improvement Plan and Strategic Plan. These documents included input from the community and staff, as appropriate, and approval by the Board of Health. The department anticipates completing the document submission to the Public Health Accreditation Board (PHAB) in 2014. This process will not measure compliance with program requirements but will be built around performance management, quality improvement and how well the department carries out the ten essential services of public health.

Dr. Robert Graham was welcomed to the DHD#10 Leadership Team in July. Dr. Graham replaced Dr. James Wilson, DO who served as the medical director for nine years. Dr. Graham also serves as the medical director for Central Michigan District Health Department and Mid-Michigan District Health Department. His transition to DHD#10 has been extremely smooth and his public health expertise appreciated by all. The Board of Health and staff greatly appreciated Dr. Wilson's commitment to public health medicine, his wisdom and humor is missed.

DHD# continues to work with community partners to collaborate on moving forward with community health priorities for 2014. By all facets of our community working together we can strengthen our health outcomes, and assure our beautiful communities are protected for future generations by instilling strong public health values.

Sincerely,

A handwritten signature in black ink, reading "Linda VanGills".

Linda VanGills, MA
Health Officer

A handwritten signature in black ink, reading "Robert Graham, DO, MPH".

Dr. Robert Graham
Medical Director

Strategic Plan

Updates to Strategic Plan in FY2013

A strategic plan is viewed as a map which provides direction and focus to an organization. The DHD#10 plan represents a dynamic, ongoing work in progress for moving the agency into the future to meet our vision and carry out our mission. Responsibility for achieving the goals, objectives and strategies included in the plan will fall on each member of the DHD#10 team. This plan will contain the objectives and strategies necessary to demonstrate our commitment to quality, leadership, advocacy, and responsiveness towards improving the health of our residents and communities.

Goal #1 Maintain Excellence as a Public Health Agency

Goal #2 Improve the Health Status of Residents

Goal #3 Engage Communities to Identify and Solve Health Problems

Community Health Improvement Plan

As a follow-up to our Community Health Needs Assessment (CHNA) completed in 2012, DHD#10 developed a Community Health Improvement Plan (CHIP) for the health jurisdiction over this past year. Strategies and objectives contained within the five year plan identify population based approaches to addressing the focus areas identified in the CHNA. This population health approach, combined with our partner hospitals' CHIP strategies, will lay the foundation for how we will collaborate to improve and maintain the health of the jurisdiction and its residents. The CHIP has developed goals, objectives and strategies around the four main focus areas identified through the CHNA as follows:

- **Poverty**
- **Access to Preventative Care**
- **Promotion of Healthy Lifestyles and Behaviors**
- **Creation and Maintenance of Healthy Communities**

DHD#10 is committed to this roadmap and the collaborative efforts and shared vision of a healthier community.

Road Map to Health

The complete Community Health Needs Assessment, Community Health Improvement Plan, and Strategic Plan can be located on our website at www.dhd10.org



Accreditation

Moving towards National Public Health Accreditation

DHD#10 has systematically been moving forward with making application to the National Public Health Accreditation Board. This accreditation is above and beyond the Michigan Local Public Health Accreditation Program and is based on the ability to provide the 10 Essential Services of Public Health. The Board of Health has been engaged and supportive of this process since 2012 and reaffirmed their commitment to pursue PHAB accreditation in November 2013.



The overall benefits of PHAB accreditation include:

- Promotes high performance and continuous quality improvement
- Recognizes high performers that meet nationally accepted standards of quality and improvement
- Illustrates health department accountability to the public and policymakers
- Increases the visibility and public awareness of governmental public health, leading to greater public trust and increased health department credibility, and ultimately a stronger constituency for public health funding and infrastructure
- Clarifies the public's expectations of health departments

DHD#10 has submitted its accreditation application to the Public Health Accreditation Board and it has been accepted. We anticipate our complete documentation submission and site visit to be completed by the end of 2014. **This is an exciting process and will assist the department in moving forward with its goal of "Maintain excellence as a Public Health agency."**

The Healthcare Marketplace

District Health Department #10 assisted in the **effort to help residents enroll in the healthcare marketplace**. With funding from Michigan Consumers for Healthcare, DHD#10 has been designated as a Regional Lead Navigator agency. This grant allows the health department to be a regional resource in northern Michigan for educating the public on the Affordable Care Act. Through community events, residents are able to learn more about the ACA and how it impacts them.

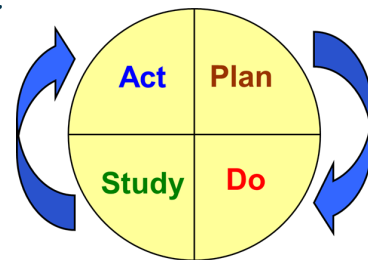
DHD#10 has also been designated as a Certified Application Counselor agency, assisting residents of the **ten counties in their individual efforts to better understand the marketplace**, insurance coverage options and enroll in the marketplace.

Quality Improvement & Performance Improvement

DHD#10 is always striving to improve the service it provides.

Using a process of Quality Improvement (QI) is one way to do this. Each of the health department divisions will be using QI to identify an area that needs improvement, working through the QI process, and making improvements. A QI Committee has been formed to improve agency-wide processes.

QI involves staff, improves decision making, and identifies more efficient ways of getting work done. In turn, this benefits those receiving health department services.



A Healthier Community



DHD10 was awarded one of six grants in 2013 from the Michigan Department of Community Health (MDCH) focused on reducing obesity by implementing the Michigan Health and Wellness 4 x 4 plan. This project was implemented in collaboration with local community health coalitions including the Northwest Michigan Chronic Disease Prevention Coalition, Cadillac Community Health Coalition, Healthy Manistee County, and Newaygo County Health Care Improvement Council.

The LiveWell campaign kicked off 2013 with three health expos in the target counties of Manistee, Newaygo & Wexford with over **750 people attending**. Throughout the year, events were hosted to encourage healthy eating and physical activity.

The project worked with worksites to develop health policy; it sponsored garden challenges to increase access to fresh produce reaching **475 new gardens or expanded gardens**; and promoted walking challenges across the district. In an effort to raise awareness of the obesity epidemic across the 10 counties, the project held viewings of the HBO "Weight of the Nation" documentary at various community locations. There were over 100 different viewings with over 1,900 participants!

The LiveWell campaign received continuation funding from MDCH for 2014 allowing the project to expand to all 10 counties. The campaign will continue to increase awareness of the obesity epidemic and promote its website and Facebook page which promote local physical activity opportunities across the district and promotes healthy food choices.

JOIN OUR LIVE WELL MOVEMENT

www.LiveWell4health.org



Follow these Healthy Tips:

FOR YOURSELF:

- Drink more water
- Cut back on sugar in food and drinks
- Move more—30 minutes of brisk exercise 5x a week
- Eat 5 or more fresh fruits and vegetables daily, 100% whole grains, lean proteins, and low-fat dairy products

FOR YOUR EMPLOYEES:

- Start an employee wellness program
- Encourage walking groups and alternatives to sitting
- Make it easier for employees to choose healthy snacks
- Reward employees for healthy lifestyle choices

FOR YOUR FAMILY:

- Always pack a fruit and a vegetable in lunch boxes
- Be a healthy role model
- Plan physical activities with family and friends
- Use the **5-2-1-0** plan
 - 5 fruits and veggies a day
 - 2 hours or less of screen time a day
 - 1 hour of physical activity a day
 - 0 sugar-sweetened drinks a day

FOR YOUR COMMUNITY:

- Create and advocate for more walkable communities
- Support local farmer's markets and community gardens
- Support the Michigan Health and Wellness 4x4 plan



Adolescent Health Centers



Seeing is Important, especially when in School

The Adolescent Health Center helped a student with very poor vision and no way to pay for glasses. The staff at the Adolescent Health Center helped her family to obtain medical insurance to obtain vision care, glasses, and general healthcare too!

A Renovation Project

The health department received a **U.S. Department of Health and Human Services, Health Resources and Services Administration grant** to renovate the **Wexford Adolescent Wellness Center (WAWC)**. The WAWC is a school-based health center located inside Cadillac Jr. High School, which is attached to Cadillac High School. Cadillac Area Public Schools donated an additional **1,400 square feet** of space towards the **2,600 square foot** renovated clinic. The new space is beautiful and the renovation will enhance quality of service by providing a comfortable and confidential environment for the students. The quality of care will be improved with the expansion of space to improve the clinic flow. The **improved space** will allow for easy wheelchair accessibility to the entire clinic area improving service delivery.



Public Health Core Functions: Assessment, Assurance, and Policy Development

- ◇ Monitor health status to identify problems
- ◇ Diagnose and investigate health problems and health hazards
- ◇ Inform, educate, and empower people about health issues
- ◇ Mobilize partnerships to identify and solve health problems
- ◇ Develop policies and plans that support individuals and state-wide health efforts
- ◇ Enforce laws and regulations that protect health and ensure safety
- ◇ Link people to needed health services and assure the provision of health care when otherwise unavailable
- ◇ Assure competent public and personal health care workforce
- ◇ Evaluate effectiveness, accessibility, and quality of personal and population-based health services
- ◇ Utilize research for new insights and innovative solutions to health problems

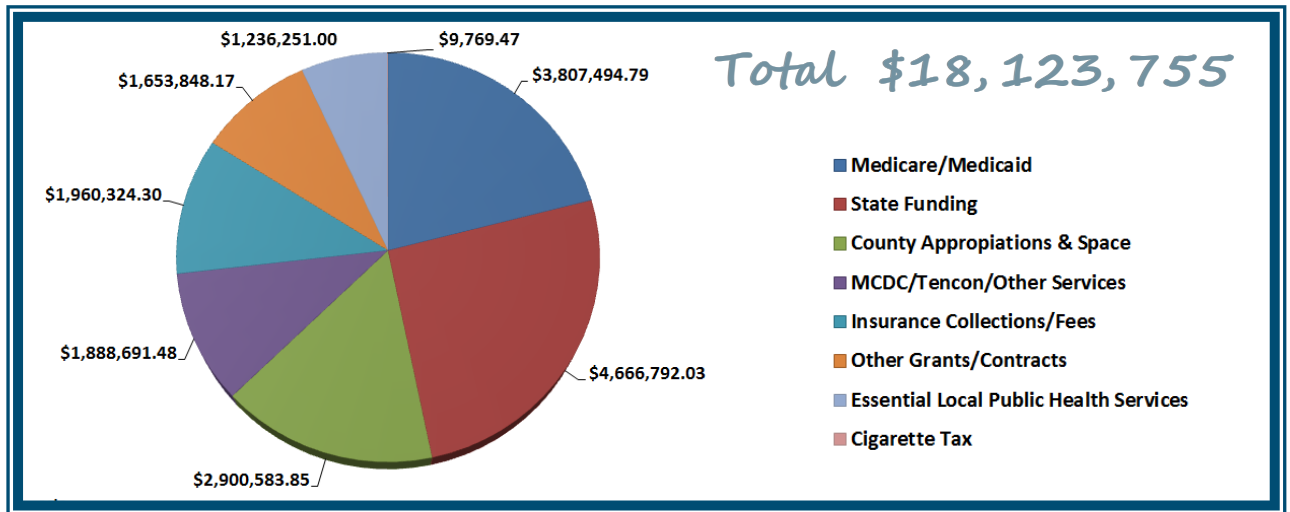


Public Health
Prevent. Promote. Protect.

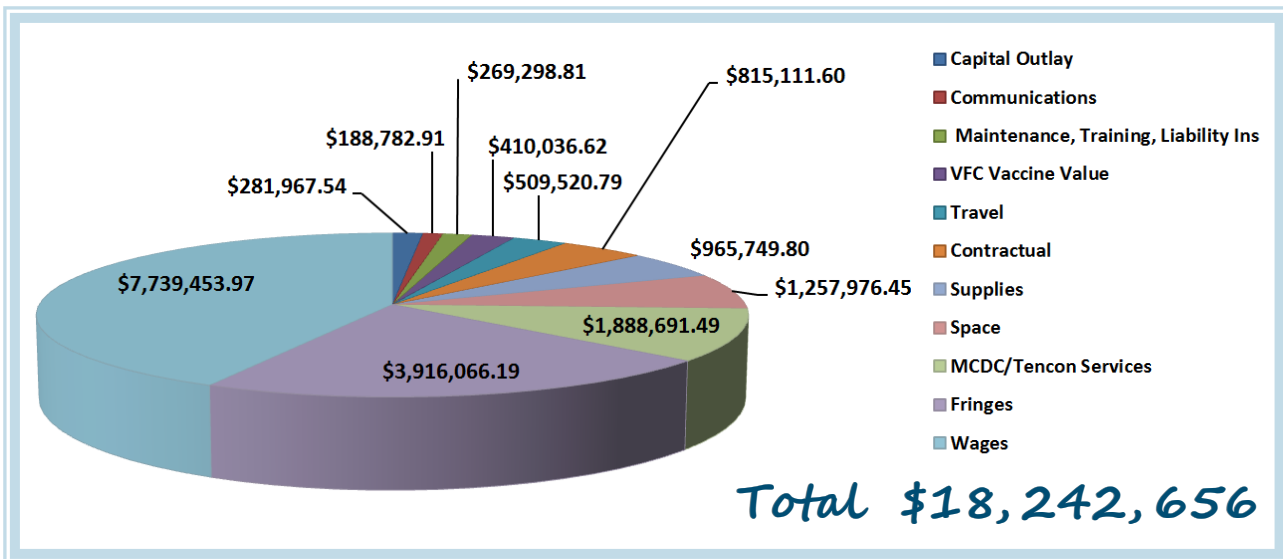
Core Functions
& Ten Essential Services

Administrative Services

Total Revenues



Expenditures

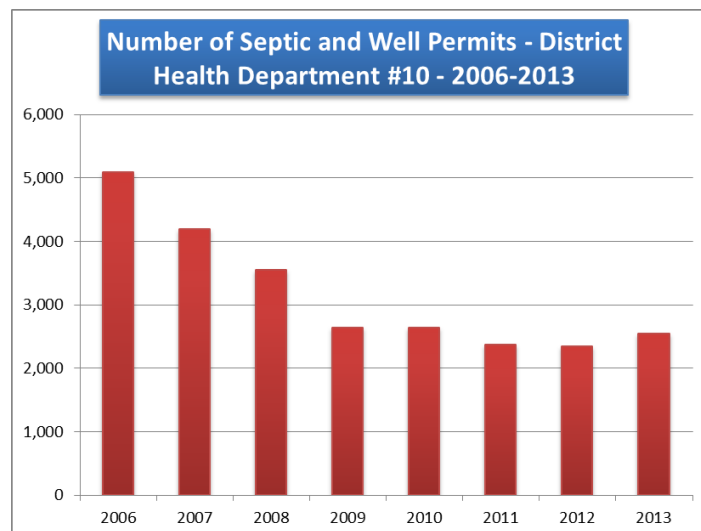


As the Result of the Change in Accounting . . .

A change to accounting standards, effective 2012, required DHD#10 to recognize Medicaid Cost Settlement dollars in the year they were earned. This resulted in a positive impact to the fund balance for FY 2012 and provided a cushion for 2013 when expenditures exceeded revenue by \$118,901. The department continues to maintain a strong fund balance as recommended by auditors.

Environmental Services Trends

The Environmental Health Division receives over half of its operational budget from permits and fees. The collapse of the housing market over the past years has resulted in a dramatic decline in the number of permits for septic systems and water supplies. Only in the past year has the Division begun to see a slow return to home development and permit numbers.



Public Health Workforce Facts:

- **172** employees; **145** full time, **24** part time, and **3** contractual
- Percentage of employees with over **20** years of service is **26%**
- Number of staff with over **30** years of service is **13**



"I have had 40 years watching DHD#10 change and grow. My clients have always been number one in my work and I have enjoyed watching our staff treat and support our clients with kindness and respect."

Carol Sandelious
40 Years of Service

Partnering with National Health Service Corps to connect the community to services

District Health Department # 10 is pleased to announce our participation with the National Health Services Corps (NHSC). The NHSC is a network of **more than 8,000 primary health care professionals** that provide medical, dental, and mental and behavioral health services in the communities, known as Health Professional Shortage Areas across the country that have limited access to health care. In exchange for their service, the NHSC provides clinicians with financial support in the form of loan repayment and scholarships. Corps members fulfill their service requirement by working at NHSC-approved service sites. To date, **the NHSC has over 10,000 member service sites**. The Wexford Adolescent Wellness Center is an approved NHSC site.



Years of Service

5 Years

Ted Dohnal, Food Program Coordinator
Cheryl Debano Griffin, Health Educator
Marc Grossnickle, Environmental Health Sanitarian
Diane Hanson, Public Health Nurse
Lyn Hughes, Public Health Technician
Liz Steckel, WIC clerk/Technician
Roberta Schutte, Maternal/Child Nurse
Jan Wiltse, Health Educator

10 Years

Cynthia Guerrero, Reception/Clerical Team
Rachel Rumsey, Public Health Nurse
Renee Solberg, Maternal/Child Nurse

15 Years

Ruth Doyle, Reception/Clerical Team
Debbie Hamler, WIC Lead
Bret Haner, Emergency Response Coordinator
Kay Jones, WIC Nurse
Kristen Sytek, Breastfeeding Peer Counselor

20 Years

Anne Bianchi, WIC Director
Helen Cantu, Public Health Nurse
Christine Lopez, Administrative Services Director
Kathy Seelye, MCIR Support/Hearing, Family Planning, and BCCCP Technician

Mary Jo Vanderslice, Maternal/Child Nurse

25 Years

Diana Stencel, Hearing and Vision Technician
Arlee Sutton, Public Health Nurse
Marcia Walter, Maternal/Child Coordinator

30 Years

Kathy Schoenberger, Maternal/Child Nurse

35 Years

Linda VanGills, Health Officer

40 Years

Carol Sandelious, Family Planning and BCCCP Support

Emergency Preparedness

Getting ready for emergencies . . .

In **2013**, DHD #10 emergency preparedness staff continued to review, update, or create guidelines to better prepare DHD #10 for public health emergencies that may occur within our jurisdiction.

Our Emergency Preparedness Activities Include:

- ◇ Testing our 800 MHz radio capacity
- ◇ Participating in trainings for Health Alert Network, CDC Inventory Management and Tracking, Strategic National Stockpile SharePoint System, and National Incident Management System
- ◇ Participating in local emergency management exercises
- ◇ Updating several guidelines; Emergency Operations, Crisis and Emergency Risk Communication, and Strategic Stockpile
- ◇ Facilitating office Fire and Lockdown Drills
- ◇ Facilitating Emergency Response Team Notification Drills



Emergency Preparedness staff also continue to work with local partners in emergency management, law enforcement, health care, schools, and human service organizations to ensure our communities are safe.

Be Ready to Stay Safe

Personal Emergency Preparedness Tips

In order to ensure that staff is available to work during an emergency, the emergency preparedness staff of DHD #10 encourage everyone to have plans and supplies in place to care for their families for at least 72 hours, but preferably two weeks. As an example, many residents in Michigan could go without power for more than a week during winter weather. *A few examples of preparedness activities:*



- ◇ **Store Foods** - Keep food such as boxes of cereal and canned goods (make sure you have a manual can opener too!)
- ◇ **Purchase a “wind up” Flashlight** - So you don’t have to worry about accessing batteries.
- ◇ **Store Jugs of Water** - Just in case you need to flush toilets or boil water to drink.

Communicable Diseases

	2012-13	2011-12	2010-11
Chlamydia	613	578	526
Hepatitis C (chronic)	145	141	145
Campylobacter	53	61	48
Chicken pox	37	43	34
Salmonellosis	29	22	23
Gonorrhea	26	25	36
Streptococcal diseases	16	6	15
Shiga Toxin Producing Escherichia Coli (STEC)	11	6	5
Giardia	9	13	9
Pertussis	7	6	21

Communicable Disease Facts:

- ◇ Chlamydia and Chronic Hepatitis C continue to be our two most common diseases. Chlamydia is increasing and Hepatitis C is leveling off.
- ◇ Campylobacter is now the most common bacterial cause of gastrointestinal illness, having similar symptoms as Salmonella.
- ◇ Pertussis continues to be a threat to young, unimmunized children and adult family members are often the source. Booster immunization of teenagers, pregnant women, and other adults is now recommended to help control it.
- ◇ STEC cases, while low in numbers, are often very severe infections. It can cause kidney damage and death, especially in children. An increase in these cases is a worrisome trend.
- ◇ Chickenpox has declined significantly since the introduction of a vaccine, but cases of chickenpox can still develop in unvaccinated children.

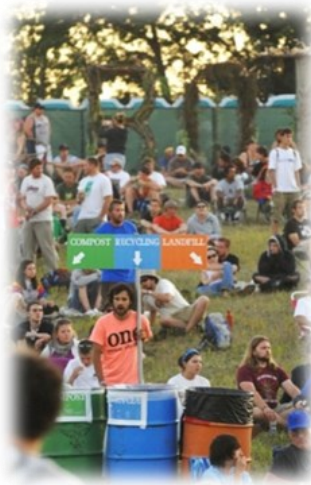
2013	Crawford	Kalkaska	Lake	Manistee	Mason	Mecosta	Missaukee	Newaygo	Oceana	Wexford	Total
Chlamydia	31	40	17	19	56	146	27	131	83	63	613
Hepatitis C	13	13	6	34	7	20	7	11	10	24	145
Campylobacter	5	0	0	7	8	11	6	12	2	2	53
Chickenpox	7	3	0	2	0	6	0	0	8	11	37
Salmonellosis	2	1	1	4	3	1	4	7	1	5	29
Gonorrhea	1	6	1	1	3	6	0	3	3	2	26
Streptococcal	0	2	1	2	1	1	1	3	2	3	16
STEC	0	0	0	1	0	3	0	0	3	4	11
Giardia	0	0	0	0	1	0	0	4	0	4	9
Pertussis	0	2	0	2	0	0	0	3	0	0	7

Environmental Health

Monitoring a Music Festival. . .

to keep you safe

Water Supply Program	
Well Permits	1,424
Type II Sanitary Surveys	219
On-Site Sewage	
Septic Permits	1,126
Septic Failures	316
Mortgage Evaluations	230
Building Permit Approvals	270
Soil Evaluations	61
Food Safety	
Fixed Food Establishment Inspections	1,653
Temporary Food Establishment Inspections	534
Food-Borne Illness Investigations	27
Community Health and Safety	
Campground Inspections	262
Swimming Pool Inspections	166
Child Care Facility Inspections	286
Complaint Investigations	292
Tanning Inspections	60



In **2013, Oceana County** was once again the site of the Electric Forest Music Festival. The annual 4-day rock, indie and alternative music festival hosts over **35,000 people** in late June. Basically, a temporary city is created since the site of the festival has no permanent facilities. Therefore everything has to be brought in for the event. The role of District Health Department #10 in this effort is considerable. **The Department:**

- ◆ Samples and monitors the water supply prior to the event and daily during the event.
- ◆ Determines the number & location of all bathroom and shower facilities to ensure their maintenance during the event.
- ◆ Monitors trash and garbage disposal to avoid a public health nuisance.
- ◆ Inspects all food operations during the event.
- ◆ Responds to all illness outbreak concerns.
- ◆ Regulates the camping facilities to avoid congestion problems that would interfere with emergency vehicles.
- ◆ Monitors the clean-up of the facilities after the event.



Buying a Home

*Purchasing a new home can be scary.
No one wants to purchase a home
that requires major
investment to fix the problems.*



Some of the problems you can see, but what about those things you can't. For example, the water supply and the septic system which are both buried in the ground. Out of sight, out of mind? Replacing a well and septic system can result in many thousands of dollars. Therefore, many potential home buyers make use of a voluntary program from District Health Department #10. For a fee, the Department will do an evaluation (referred to as a mortgage evaluation) of the septic system and water supply and provide a full summary of what is available and its condition. This allows the potential buyer of the home to make an informed decision as to its purchase.

Preventing Diabetes . . .

The National Diabetes Prevention Program is a year-long, lifestyle change program for those at-risk for developing Diabetes. It focuses on the prevention of Diabetes through modest weight loss and increased physical activity. In a recent course held in Mason County, three Ladies have been making changes and really value the support of this program. One of the ladies has lost 52 pounds!



Working with the Youth

The TOPPC (The Oceana Prevention Partnership for Change) Youth committee has been a huge force in health promotion and awareness in Oceana County this year. The youth have attended community events like parades, football games, the county fair and have been giving back to the community through clean-up days, compliment days, holiday card writing, and more. TOPPC youth have given a prevention voice to young people in Oceana County and have so much more planned for the coming year.



Worksite Wellness

The Health Department worked with **22 worksites** in six counties to improve employee wellness through health policy development. In addition the worksites targeted healthy eating opportunities and options for physical activity. One of the **unexpected outcomes** occurred in Kalkaska County, when four worksites organized and conducted the first annual Blazing Worksite Wellness 5k Walk. Targeting those who have never participated in a 5k event, over **100 people** participated!

Worksite Wellness Screenings

333	
Youth Programs	
Girls on the Run Participants	738
Adolescent Wellness Center Students Served	
Cadillac	459
Manton	204
Mesick	153
Students Participating in Teen Pregnancy Prevention Initiative	
Oceana	110
Wexford	329

Family Health Programs

Family Planning Participants	2,429
Breast and Cervical Cancer Screening	1,854
Colorectal Cancer Screening	415
WiseWoman Program Screening / Health Coaching	1,023
Northern Michigan Substance Abuse Services (NMSAS) # served	
Lake	310
Mason	671
Oceana	549

Breast & Cervical Cancer Screening Program

A Client's battle with Breast Cancer



A **health educator** learned about a Client's battle with Breast Cancer. She had been diagnosed after completing her mammogram through our free Breast & Cervical Cancer Screening Program. The client was about to start chemotherapy and insisted that the staff of the health department were angels and had saved her life. She was so **thankful for the program** and the amazing experience she had with the health department during this terrible time. Months later, she called back to inform the staff that she was doing well, was taking chemotherapy one day at a time, was going to beat cancer, and loved every **person at the health department** for what they do.

Personal Health

Personal Health Services

Immunizations

Vaccines Administered	10,251
Influenza Vaccines Administered	10,158

Maternal Infant Health Program (MIHP)

MIHP Maternal Clients	825
MIHP Maternal Visits	5,527
MIHP Infant Clients	727
MIHP Infant Visits	7,621

Hearing and Vision

Preschool Hearing Screenings	1,780
School Hearing Screenings	8,276
Preschool Vision Screenings	1,486
School Vision Screenings	15,114

Communicable Disease Control

Total Communicable Disease Services	517
TB Tests	1,472
STD Services	676
HIV Tests	115

Children's Special Health Care Services . . . Providing care for a nine month old

A **nine month old baby** with multiple health issues and a **genetic disorder** has been on **CSHCS** since **spring 2013**. Initially, the infant was not expected to live, and was sent home with Hospice services. Due to **fantastic care** from the family, several specialists, and coordination of care, the baby is gaining weight, fairly medically stable, and no longer receives Hospice.



Seeing makes all the Difference . . . Providing vision tests

I received a call from the **Health Department's Vision and Hearing Technician** explaining her concerns and the tests she performed with my three year old daughter. Per the technician's recommendations, I scheduled an eye exam with an eye doctor. There were no indicators at home or at school that would suggest she had difficulty with her vision. The first time my daughter put her glasses on, her face was priceless. **She smiled from ear to ear, would look through the glasses, then above them, back through them, and above them again.** She ran to the mirror to see herself, all the while with a huge grin on her face.

8,032

Total Number helped with
Medicaid Applications Assistance

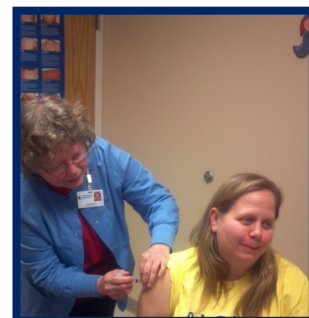
Services We Provide . . .

Children's Special Health Care Services



Maternal Infant Health Program

Immunization Services



Women, Infants, and Children

WIC

Average Monthly Enrollment	9,293
% Return Rate	93%
# of Project Fresh Books Distributed	2,458
Value of Project Fresh Coupons	\$73,740
Child Lead Screening	1,249



Our Breastfeeding Support Peer Counselors

Local WIC Nutrition

Positive Behavior Change in Young Children

At a recent WIC Dietitian appointment a mom said that the Sesame Street Nutrition book and DVD packet received at WIC has **greatly improved her son's willingness to try new foods**. He enjoys singing the phrases/songs from the shows. Mom plans to introduce **more vegetables in their family meals** and is excited to view the new recipe website provided by the WIC Dietitian.

The Importance of Breastfeeding



WIC Highlights:

- ◇ WIC Program was awarded a full accreditation status.
- ◇ WIC Breastfeeding Peer Counselor Program was funded with Michigan Department of Community Health and USDA. There are six WIC Peers and one MSUE Peer that help promote breastfeeding education leading to an increase in initiation rate, now at 75%!
- ◇ Fremont Area Community Foundation Project FRESH Expansion to help an additional 510 women and children
- ◇ Mason and Oceana County Community Foundation: Rock and Rest Outreach Project

Crawford County

501 Norway Street
Grayling, MI 49738
989 348-7800

Kalkaska County

625 Courthouse Drive
Kalkaska, MI 49646
231 258-8669

Lake County

5681 S M-37
Baldwin, MI 49304
231 745-4663

Manistee County

385 Third Street
Manistee, MI 49660
231 723-3595

Mason County

916 Diana Street
Ludington, MI 49431
231 845-7381

Mecosta County

14485 Northland Drive
Big Rapids, MI 49307
231 592-0130

Missaukee County

6180 W Sanborn, Suite #1
Lake City, MI 49651
231 839-7167

Newaygo County

1049 Newell Street
White Cloud, MI 49349
231 689-7300

Oceana County

3986 N Oceana Drive
Hart, MI 49420
231 873-2193

Wexford County

521 Cobbs Street
Cadillac, MI 49601
231 775-9942

2013 Community Partners

O-5 Parents as Teachers Grant,
NCRESA, Newaygo County
Big Rapids Area Amateur Radio
Club
Cadillac Area Public Schools
Cadillac Family Physicians
City of Big Rapids/Recreation
Department
Dental Health Care
Dynamic Fitness
Early On Programs: Crawford,
Lake, Manistee, Mason,
Newaygo, Oceana
Elks of Big Rapids
Evergreen Physical Therapy
Fremont Area Community
Foundation
Fremont Christian Church
Great Parents/Great Start:
Lake, Manistee, Mason,
Newaygo & Oceana
Happiest Mommies & Friends
LTD – Mason
Ice Mountain
Kiwanis Club – Kalkaska
Lake County Children's Trust
Fund
Magna Mirrors
Manistee County Child
Advocacy Center

Manistee Recreation
Association
Manton Public Schools
Mason County Community
Foundation
MC Sports
Mecosta Children's Council
Mecosta County Sheriff's
Department
Mercy Hospital Cadillac
Mesick Public Schools
Michigan Cancer Consortium
Michigan Hearing Systems
Rotary Club (Wexford)
Snyders Shoes
Spectrum Health – Big
Rapids Campus
St. Stephens Catholic Church
– Council of Catholic
Women, Missaukee
Think First Injury Prevention
United Way of the Lakeshore
Westshore Educational
Service District: Mason, Lake
& Oceana
Women's Giving Club
Y102 Radio
Zonta of Big Rapids

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District Health Department #10