

DHD#10 CELEBRATES BETTER HEARING AND SPEECH MONTH

May 5, 2022 – District Health Department #10 (DHD#10) invites residents to join them, along with the Centers for Disease Control and Prevention (CDC), and the American Speech-Language-Hearing Association (ASHA), in celebrating **Better Hearing and Speech Month** (BHSM) throughout May. **Connecting People** is ASHA's theme for BHSM this year, highlighting school-based services, inpatient and outpatient settings, and home/workplace facts and services.

"Better Hearing and Speech Month provides the ideal time to raise awareness about hearing and speech problems," said Kevin Hughes, Health Officer for DHD#10. "As more and more people use ear buds to listen to music from their phones, it is also an opportunity to motivate folks to better protect their hearing."

According to the World Health Organization (WHO), globally:

- Over half of all people aged 12-35 years of age listen to music at levels that are harmful to their hearing.
- When using a personal audio device, like earbuds, volume should not exceed 80 dB (for adults) or 75 dB (for sensitive ears like children) for 40 hours a week.
- A good rule is to stay below the 60% volume mark.
- If you use personal audio devices often, consider using noise cancelling headphones to reduce the level of volume.
- Listening to a personal audio device at 100 dB for 15 minutes is about the equivalent of noise an industrial worker is exposed to in a typical workday (85 dB/8 hr).

To learn more about the ASHA's celebration of Better Hearing and Speech Month, please visit: <https://www.asha.org/bhsm/>.

To see more about DHD#10's hearing screenings, please visit: <https://www.dhd10.org/parents-families/school-readiness/>.

Parents can also find out about Children's Special Health Care Services (CSHCS) here: <https://www.michigan.gov/mdhhs/assistance-programs/cshcs>.

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