

Health Department News



Welcome to the spring edition of the Jackson County Health Department News. In this edition, we highlight some of our departmental programs and important awareness topics, give a quick review of Michigan marijuana laws, and showcase an upcoming event about social media and kids. Our goal is to maintain and continue to grow the connections that are vital to the health of our community.

National Public Health Week

The American Public Health Association celebrates National Public Health Week (NPHW) annually the first week in April. Public health professionals at the Jackson County Health Department (JCHD) and across the nation work throughout the year to create and promote a healthy community through disease prevention and control, health education, environmental protection, and emergency preparedness. During NPHW 2023, April 3–9, we will come together to highlight public health work done across the nation and within our own communities. “Let’s work together to make it easier for communities to access the public health resources they need to achieve the highest level of health.” ([NPWH, 2023](#))

The theme of National Public Health Week 2023 is “Centering and Celebrating Cultures in Health”. Daily themes will help illustrate how communities that foster connection and belonging support the future of public health.

- Monday: [Community](#); Tuesday: [Violence Prevention](#); Wednesday: [Reproductive and Sexual Health](#); Thursday: [Mental Health](#); Friday: [Rural Health](#); Saturday: [Accessibility](#); Sunday: [Food and Nutrition](#).

The Jackson County Health Department encourages YOU to consider the impact that public health has made on your life. Be a part of the collective power in Jackson County and see how our cultural differences, well-being and the public health system intersect to make a positive impact in Jackson County and beyond. Let’s change our futures and make the Jackson community the healthiest place to live, work and play.

As we celebrate National Public Health Week 2023, April 3–9, watch for informative posts on the [Jackson County Health Department Facebook page](#) throughout the week as we highlight our programs and staff. For more information about the Jackson County Health Department, please visit our [webpage](#). For details about National Public Health Week, please visit, www.nphw.org

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May is Teen Pregnancy Prevention Month

In 2009 Jackson County was ranked as having one of the highest teen birth rates in Michigan, with 252 births recorded for females between the ages of 15–19. Over the past few years rates have declined. In 2022, there were 134 teen births for females between the ages of 15–19 in Jackson County. Studies show that positive youth engagement that promotes the development of life skills such as decision making and goal setting for both males and females can help prevent teen pregnancy. The Jackson County Health Department works to combat teen pregnancy through various health education programs that equip teens with both tools for success and a trusted mentor in their community, as well as providing a safe place for teens to share and ask questions about their experiences.

If you have questions on how to support and talk to your teen about safe sex, healthy relationship, or life skill building contact our Teen Pregnancy Prevention Coordinator at JCHD – Jasmine Isaac (517)-768-2150.

All data provided courtesy of the Michigan Department of Health & Human Services.



Marihuana

The Jackson County Health Department provides education and lock bags to the community to promote safety surrounding marihuana use in the community. You can schedule an appointment and receive education on driving safety, safety for kids, and information about safe use when pregnant or breastfeeding. Visit the JCHD [Marihuana Safety and Education](#) page, watch the video, and take the quiz to be contacted to receive your lock bag.

In Michigan marihuana is only legal for those that are 21 years old and above.

You can carry up to 2.5 oz of marihuana or 15 grams of marihuana concentrate, however, if you have more than 2.5 oz the remaining amount must be placed in a secure locked container.



Tick Prevention

Thinking about spring and getting outdoors again? Don't let ticks get in the way of a good hike or even a spring camping trip. There are many ways to help prevent Lyme Disease which is carried by ticks.

Your first line of defense is wearing a light-colored long-sleeve shirt, light-colored long pants and closed-toe shoes or boots. Tuck your pants inside your socks and use EPA registered repellants that contain 20–30% DEET.

Your second line of defense is checking your body for ticks after the hike. Check again the next day as well.

Your third line of defense is to contact your doctor if you begin experiencing symptoms such as rash, fever, chills, fatigue, joint or muscle pain, or facial paralysis within 30 days of your outdoor adventure.

Though Lyme Disease is becoming more common in Michigan, there are ways to minimize your risk.

March is National Nutrition Month!

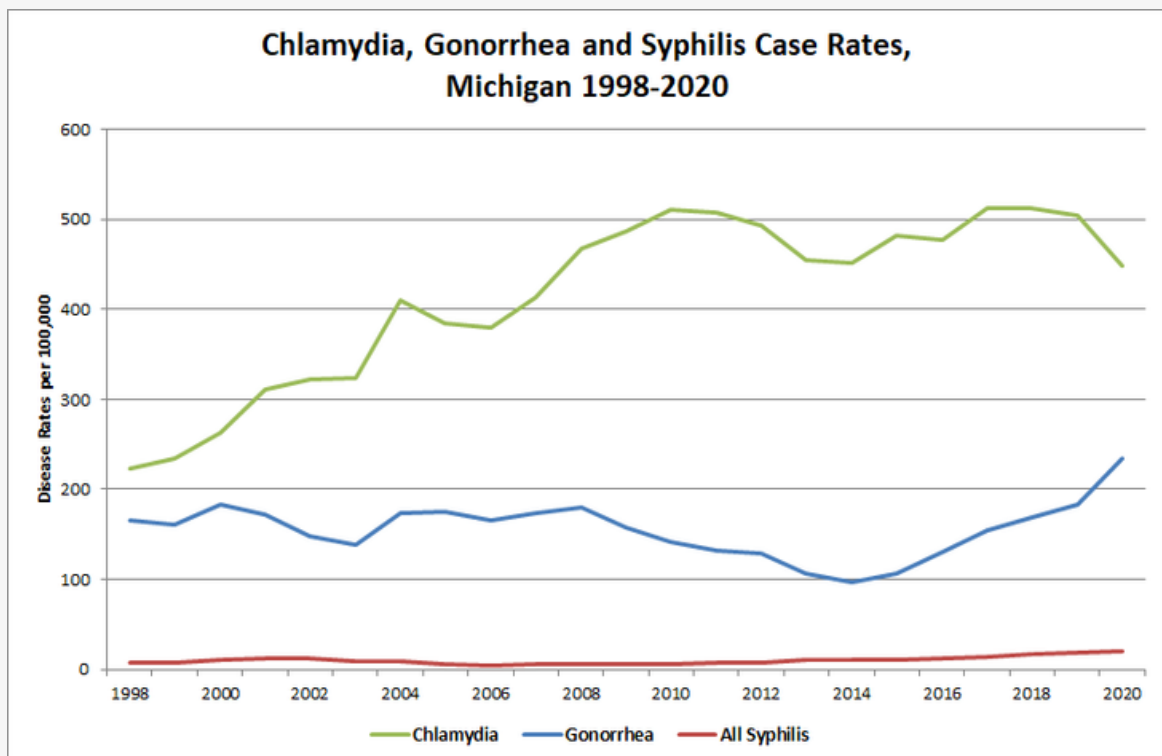
Each year during National Nutrition Month, the WIC program highlights a topic important to nutrition. This year the theme is “Fuel for the Future”. Now is a great time to incorporate new healthy habits that benefit you and the environment. According to the FDA, food is the single largest category of material placed in municipal landfills. Minimizing food waste can save you money and is a small step that can ensure food is available for other families.

As a consumer you can help reduce food waste in the following ways: preplan and write your shopping list before shopping, use your freezer for excess food, and store foods properly. Preplanning before shopping allows you to take inventory of what ingredients you already have so you can stick to only buying what you need. Your freezer is your friend! Freeze foods like overripe produce, fresh herbs and sliced bread if your family doesn't go through it quickly. Properly stored foods stay fresh longer and gives you more time to eat them before they go bad. Ensure proper storage by checking storage temperatures (<40°F for fridge, 0° freezer), soaking berries in water and vinegar to decrease mold and ripening, storing potatoes in a dark and cool space, lining produce drawers with towels, and separating bananas. If you are interested in more ways you can “fuel for the future”, visit [National Nutrition Month® \(eatright.org\)](http://NationalNutritionMonth.org).

Sexually Transmitted Infections Awareness Week April 9-15

[STI Awareness Week](#) provides an opportunity to raise awareness about sexually transmitted infections, or STIs, and how they impact our lives; reduce STI-related stigma, fear, and discrimination; and ensure people have the tools and knowledge for prevention, testing, and treatment.

The JCHD [Sexual Health Clinic](#) offers sexual health screening/testing, free HIV testing, and free pregnancy testing. For details call (517) 788-4477.



April is Child Abuse and Neglect Prevention Month

1 IN 7 CHILDREN HAVE EXPERIENCED NEGLECT OR ABUSE IN THE PAST YEAR.

To help prevent abuse and neglect: know what child abuse is, learn the signs, report abuse, educate yourself and others, teach children their rights, and invest in kids

Types of Abuse and Neglect

- **Physical Abuse:** The intentional use of physical force caused by a parent, caregiver, or other person responsible for a child that can result in physical injury.
 - Examples: hitting, kicking, shaking, burning, throwing, choking or other shows of force
- **Sexual Abuse:** Involves pressuring or forcing a child to engage in sexual acts.
 - Examples: fondling, penetration, indecent exposure and exposing a child to other sexual activities
- **Emotional Abuse:** Refers to behaviors that harm a child's self-worth or emotional well-being.
 - Examples: name calling, shaming, rejection, withholding love, and threatening
- **Neglect:** The failure to meet a child's basic physical and emotional needs.
 - Examples: housing, food, clothing, education, and access to medical care

Warning Symptoms* of Each Type of Maltreatment:

- **Physical Abuse:** Unexplained injuries including bruises, burns, welts or broken bones, seems scared, anxious, depressed, withdrawn or aggressive, child appears frightened of a parent or caregiver, shows changes in eating and sleeping habits, abuses animals or pets
- **Sexual Abuse:** pain, bleeding, redness, or swelling in anal or genital area, difficulty walking or sitting, reports nightmares or bedwetting, becomes pregnant or contracts a sexually transmitted disease (particularly if under age 14)
- **Emotional Abuse:** Extremes in behavior (ranging from overly aggressive to overly passive), delayed physical, emotional, or intellectual development, exhibits inappropriately adult behaviors or inappropriately infantile behaviors, shows signs of depression or suicidal thoughts
- **Neglect:** Signs of malnutrition, poor hygiene, unattended physical or medical problems, frequent absence from school, begs or steals food or money

*These symptoms are not all inclusive nor are they a definite sign abuse or neglect is occurring.

World Tuberculosis Day March 24

Each year, we recognize World TB Day on March 24 to spread knowledge and awareness of Tuberculosis (TB). This annual event commemorates the date in 1882 when Dr. Robert Koch announced his discovery of *Mycobacterium tuberculosis*, the bacillus that causes TB. TB is the world's deadliest infectious-disease killer. In the last several years the United States has reported the lowest number of TB cases on record, but too many people still suffer from TB. Jackson County sees an average of one to two active TB cases diagnosed per year.

Common symptoms of TB disease are a persistent cough (lasting more than two weeks), fever, night sweats, unexplained weight loss, chest pain and coughing up blood. TB bacteria spread through the air from one person to another when a person with infectious TB disease of the lungs or throat coughs, speaks, or sings. People nearby may breathe in the bacteria and become infected if it settles in the lungs and begins to grow. TB bacteria can also move through the blood to other parts of the body, such as the kidney, spine, and brain and is usually not infectious. People with infectious TB disease are most likely to spread it to people they spend time with every day; family members, friends, coworkers or schoolmates.

Not everyone infected with TB bacteria becomes sick. As a result, two TB-related conditions exist: latent TB infection (LTBI) and TB disease. Both LTBI and TB disease can be treated. LTBI can lie dormant for years without a single symptom. Without treatment latent TB infection can progress to TB disease. The Center for Disease Control (CDC) reports that more than 80% of TB cases in the United States result from longstanding, untreated LTBI. The CDC estimates up to 13 million people in the United States are living with LTBI.

Certain people should be tested for TB infection because they are at higher risk for being infected with TB bacteria, including:

- People who have spent time with someone who has TB disease, especially infants, children and adolescents.
- People from a country where TB disease is common (most countries in Latin America, the Caribbean, Africa, Asia, Eastern Europe, and Russia)
- People who live or work in high-risk settings (for example: correctional facilities, long-term care facilities or nursing homes, and homeless shelters)

TB tests are generally not needed for people with a low risk of infection with TB bacteria.

The Immunization Department at the Jackson County Health Department (JCHD) offers walk in TB skin testing Monday, Tuesday and Friday every week from 8:00am to 11:30am and 12:30pm to 4:00pm. For more information, call (517)-788-4477.

If you are diagnosed with LTBI, there are short and convenient treatment options available that can help protect you from getting sick with active TB disease. The Communicable Disease Department at JCHD provides surveillance and case management of TB disease and LTBI. For questions or additional information, please call (517) 768-1664. You may also find additional information about TB and LTBI at www.cdc.gov/tb.

BROUGHT TO YOU BY
BOSS CLUB AT MIDDLE SCHOOL AT PARKSIDE

PARENT PROGRAMS

Social Media & Your Kids

with
Max Stossel



Youth & Education
Advisor, Center for
Humane Technology
& CEO, Social
Awakening

These interactive workshops allow parents to understand the true effects of social media & technology on the brain and includes strategies to improve focus, diminish distractions, and much more.

Parents from all participating schools are invited to attend either session. Pre-registration is not required.

MARCH 13
6:30-7:30PM

Parkside Middle School

MARCH 14
5:30-6:30PM

**Vandercook Lake
High School**

**EMPOWERING
YOUTH TODAY**  **SAY YES TO YOUR FUTURE**

