



build a healthier community!

A Community Project Sponsored by the
Central Michigan District Health Department
2012 East Preston Avenue
Mt. Pleasant, MI 48858
989-773-5921

June 2013: HIP News to Know!

A compilation of grants, websites, and resources related to improving the health of our community members



The National Safety Council is encouraging businesses and communities across the country to participate in National Safety Month this June – an annual observance to increase awareness of the top causes of preventable injuries and deaths and to encourage safe behaviors. Free materials, including posters and tip sheets, are available at www.nsc.org/nsm to help spread important safety messages.

Events/Trainings



Healthy Mothers ~ Healthy Babies 25th Annual conference
June 6-7, at the DoubleTree in Bay City.
For more information visit www.hmhbmi.org



On Thursday, June 20th join this free event “Caring Bear Picnic”. Activities include Teddy Bear Surgery, Making your own First Aid Kit, Summer Safety Tips, a Bounce House, Arts and Crafts and MORE!
For more information and to register please call (989)846-3445

Websites/Resources/Announcements



3 Training Modules Available via Live Webcast
Improve your evidence-based public health practice skills with...
* Quantifying the Issue: Descriptive Epidemiology & the Internet
-Two Live Webcasts: June 4 and June 5
* Searching and Summarizing the Literature - Live Webcast:
June 12
* Economic Evaluation for Public Health - Two Live Webcasts:
June 13 and June 18

For more information please visit:

www.practice.sph.umich.edu/mphtc/site.php?module=courses



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News to Know



More restaurants are displaying calorie information on their menus than ever before. It's not a coincidence; by law, retail food establishments that are part of a chain with twenty or more locations nationwide must disclose the calorie content of each menu item. The goal is to encourage consumers to make healthier, informed food choices. The majority of studies, however, show that providing information on calorie content does not lead to fewer calories ordered or consumed. A new angle for encouraging reduced calorie intake in these

establishments would be welcome by many in the nutrition field. One currently being explored is displaying on the menu the minutes of exercise—brisk walking in this case—needed to burn food calories.

The results indicate that the menu displaying the minutes of brisk walking needed to burn food calories led to fewer calories ordered and consumed compared with the menu without calorie labels. Of note, there was no difference between the menu with calorie labels and the menu without calorie labels in the number of calories ordered and consumed by the subjects.

http://www.eurekaalert.org/pub_releases/2013-04/foas-mld041813.php



Five Minutes or Less for Health Weekly Tip: Protect Your Kids

Children are at high risk for injuries that can lead to death or disability, including burns, drownings, falls, poisonings, and road traffic injuries. Use these tips to ensure your kids are safe.

<http://www.cdc.gov/family/minutes/tips/protectyourkids/index.htm>



How Can I Get Free or Low Cost Health Care for Me & My Family?

This site has links to other web pages with information and phone numbers for places with low cost or free health care, or help with health insurance.

http://www.michigan.gov/mdch/0,4612,7-132-2943_52115---,00.htm

#24: Chasing Your Grandchildren.

Reasons You Can Quit Tobacco.

1-800-QUIT-NOW

Central Michigan District Health Department
Made possible with funding from the Centers for Disease Control and Prevention

The Anti-Tobacco Educational Initiative as part of The Together We Can Transform Communities Grant will begin its launch on Monday, June 3rd. Look for us on billboards, television, radio and in your local newspaper!

HIP News to Know is a monthly publication posted on www.Together-We-Can.org. Information and submissions are encouraged. They should be sent to Sarah Kile at skile@cmdhd.org by the third Thursday of each calendar month.