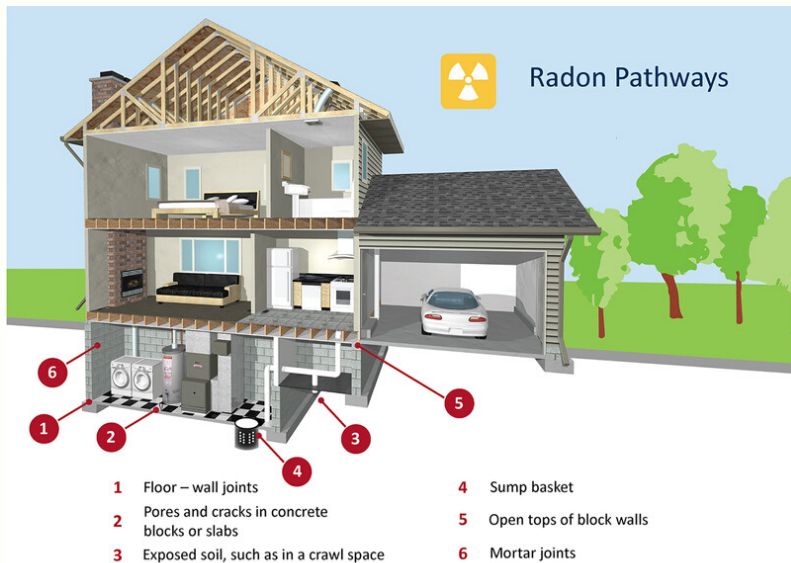


# PHYSICIAN'S UPDATE

## Radon Action Month

January is National Radon Action Month. Testing for radon is simple using Radon kits that are available at all health department offices. Radon is the second leading cause of lung cancer, behind smoking. Because you can't see, smell or taste radon, the only way to know if you have elevated levels is by doing a test. Testing every two years is suggested as homes settle and slight cracks in the foundation of a home can result in changing radon levels. Radon reduction systems can be installed to help reduce radon to acceptable levels. Elevated levels of radon are present in 7-40% of homes in Antrim, Charlevoix, Emmet, and Otsego Counties.



## Healthy Futures



*The Health Department provides Newborn Home Visits to all families after the birth of their baby. All families qualify for at least one visit and many qualify for additional breastfeeding support right in the home. The benefits of these visits include weight checks without having to take a newborn out of the home, breastfeeding support, and screening for postpartum depression.*

## Access Northwest

The Health Department is now offering a syringe service program that offers confidential services to injection drug users. Besides providing free syringes and injection supplies and safe disposal of used needles, the program offers free naloxone kits, HIV and Hepatitis C testing, Immunizations, condoms and STI Testing, and support and information on treatment options. Currently the program is being offered in our Mancelona office with walk-in hours on Fridays from 1:00-5:00 and appointments available by calling 1-800-432-4121.

## Reproductive Health Services

The Health Department continues to provide confidential reproductive and sexual health services to men and women including adolescents, and through Title X can provide services on a sliding scale at greatly reduced fees. Besides counseling and annual exams, clients can receive testing for Sexually Transmitted Infections, HIV, and Hepatitis C, and can obtain contraception including Long Acting Reversible Contraception such as Nexplanon and IUDs.



## School-Based Health Services

With \$294,000 of new funding from the Michigan Department of Education (MDE), Charlevoix-Emmet Intermediate School District schools have partnered with the Health Department of Northwest Michigan to secure additional school-based mental health providers at districts including Harbor Springs, Charlevoix, Boyne City, Boyne Falls, and Ellsworth. Char-Em is also partnering with Alcona Health Center to expand mental health services in the Public Schools of Petoskey by utilizing these funds. By providing access to quality behavioral health therapists in the schools we can remove barriers to care and help all students in need.

## Adult Immunization Update

Recent changes to Immunization recommendations from the Advisory Committee on Immunization Practices (ACIP) include two changes of note:

- PCV13 (Prevnar) - for healthy adults over the age of 65 years, patient and provider should discuss the potential benefits based on “shared clinical decision making” and decide if a dose should be given. Previously a single dose of PCV13 was routinely recommended for all adults over 65 years. If a decision to administer PCV13 is made, PCV13 should be administered first, followed by PPSV23 at least 1 year later.
- HPV9 (Gardasil) - Routine recommendations to provide HPV vaccination universally at age 11 through 26 years of age have not changed but there is now guidance for use in adults up to age 45 years. For adults 27 through 45 years, “shared clinical decision making” is recommended because some persons who are not adequately vaccinated might benefit, although public health benefit in this age range is minimal.



## 2019 Community Health Needs Assessment

The Health Department and area hospitals, through a regional collaboration known as MiThrive, have worked to complete a regional assessment of needs in northern Michigan communities. The full regional assessment encompassed 31 counties, and more than 150 organizations participated in some aspect of the Community Health Needs Assessment process. Data was collected in the following ways: compiling existing statistics; hearing from residents; learning from groups of community organizations; and surveying health care providers and community members.

Two major priorities for health improvement were identified in our region: mental health/substance abuse and basic needs of living. Additionally, three other strategic issues and two significant goals were identified in the planning process. These additional strategic issues include access to health care, sense of community, and addressing risks for leading causes of death. The goals for the planning process include cross-sector collaboration and community representation.

The full Community Health Needs Assessment can be accessed by the links below:

- [2019 Munson Charlevoix Hospital Community Health Needs Assessment \(Antrim, Charlevoix Counties\)](#)
- [2019 Munson Otsego Memorial Hospital Community Health Needs Assessment \(Otsego County\)](#)
- [2019 McLaren Northern Michigan Community Health Needs Assessment \(Emmet County\)](#)

*Dr. Joshua Meyerson*

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231-547-7679

# Combined Communicable Disease 5-Year Report

*Antrim, Charlevoix, Emmet & Otsego Counties, 2015-2019*

Disease	2015	2016	2017	2018	2019
Amebiasis	0	0	0	0	1
Campylobacter	32	45	51	27	16
Cryptosporidiosis	8	8	5	1	3
Giardiasis	5	9	8	8	4
Listeriosis	0	0	1	0	1
Norovirus	0	0	2	2	0
Salmonellosis	9	14	14	9	13
Shiga toxin-producing Escherichia coli	1	1	0	1	2
Shigellosis	1	2	0	3	0
Yersinia enterocolitica	1	2	3	1	0
Flu Like Illness	8784	9784	7116	7349	7076
Influenza	22	87	72	84	29
Meningitis - Aseptic	1	2	3	3	0
Meningitis - Bacterial Other	1	2	0	1	0
Meningococcal Disease	1	0	0	0	0
Streptococcus pneumoniae, Inv	7	12	7	10	11
Blastomycosis	0	2	3	2	1
CP-CRE	0	0	0	0	1
Coccidioidomycosis	0	0	1	1	1
Creutzfeldt-Jakob Disease	0	0	0	1	0
Cryptococcosis	0	0	1	0	0
Guillain-Barre Syndrome	2	3	0	0	3
Head Lice	448	557	481	383	308
Histoplasmosis	1	4	0	1	1
Legionellosis	0	1	1	2	2
Strep Throat	997	819	1088	778	473

*continued on page 5*



**To report a Communicable Disease/STD to the Health Department:**

Send a secure fax to 231-547-6238 or secure form - [nwhealth.org/cd.html](http://nwhealth.org/cd.html)

Antrim - Rhonda Decker, 231-533-1005

Charlevoix - Lindsay Beauvais, 231-547-7622

Emmet - Katelyn Nellis, 231-587-3998

Otsego - Jessica Sweeney, 989-732-6877

# Combined Communicable Disease 5-Year Report

*Antrim, Charlevoix, Emmet & Otsego Counties, 2015-2019*

Disease	2015	2016	2017	2018	2019
Streptococcal Dis, Inv, Grp A	4	0	3	3	5
Unusual Outbreak or Occurrence	0	36	5	1	5
Vibriosis - Non Cholera	0	0	0	1	1
Rabies Animal	0	1	0	0	0
Animal Bite/Exposure	1	0	24	48	32
Chlamydia (Genital)	192	236	284	212	208
Gonorrhea	10	4	10	20	11
Syphilis - Primary	1	1	3	1	2
Syphilis - Secondary	1	0	1	1	1
Syphilis - Unknown Duration or Late	0	0	0	2	2
Latent Tuberculosis Infection	0	0	0	1	0
Nontuberculous Mycobacterium	0	0	1	2	7
Tuberculosis	0	1	0	0	2
Chickenpox (Varicella)	4	1	10	12	7
H. influenzae Disease - Inv.	3	6	3	2	4
Mumps	1	0	0	0	0
Pertussis	7	3	2	7	1
Shingles	0	1	0	9	5
VZ Infection, Unspecified	14	8	5	13	22
Babesiosis	0	0	1	0	0
Lyme Disease	2	0	1	1	4
Malaria	0	1	0	0	1
Hepatitis A	0	1	1	1	8
Hepatitis B, Acute	0	0	2	1	0
Hepatitis B, Chronic	4	4	1	2	4
Hepatitis C, Acute	2	2	3	6	3
Hepatitis C, Chronic	105	90	90	96	53
Hepatitis C, Perinatal	0	0	0	2	0



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