

AT YOUR SERVICE

NEWS FROM THE VAN BUREN/CASS DISTRICT HEALTH DEPARTMENT

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Breastfeeding and the Workplace

Workplace barriers are a significant contributor to not meeting the *Healthy People 2010* Breastfeeding goals. Michigan is one of 27 states that does not have a state law supportive of workplace breastfeeding. However, the Patient Protection and Affordable Care Act does require a “reasonable break time” for employees. Some employers are very accommodating, recognizing the value to employees and the economic benefits which include:

- Higher employee productivity and lower absenteeism.
- Increased employment retention by working mothers who breast-feed.
- Decreased health care costs of \$3.6 billion if breastfeeding rates were raised to *Healthy People 2010* goals, resulting in savings to public and private insurers.

In addition, there are of course the clearly known advantages of breastfeeding:

Health Benefits to the Child:

- Improved cognitive development.
- Bolstered immune system.
- Reduced incidence and severity of such conditions as bacterial meningitis, diarrhea, and urinary tract infections.
- Reduced risk of diabetes, lymphoma, leukemia, hypercholesterolemia, and asthma.
- Decreased risk of Overweight.

Health Benefits to the Mother:

- Decreased postpartum bleeding.
- Decreased menstrual blood loss.
- Increased child spacing.
- Earlier return to pre-pregnancy weight.
- Decreased risk of breast and ovarian cancers.

The Leading Causes of Death in Van Buren and Cass County:

1. Heart Disease
2. Cancer
3. Stroke
4. Chronic Lower Respiratory Disease
5. Diabetes Mellitus

Cancer in Van Buren & Cass Counties

Van Buren and Cass County do not have a higher than normal invasive cancer mortality. (Virtually every county or other demographic group believes that they have a higher cancer rate.) The Van Buren & Cass County age-adjusted rate per 100,000 has remained essentially the same as that of Michigan, and has been slowly trending downward. Therefore, the often repeated statement that “Van Buren or Cass is a high cancer County” is a myth.

Relative Mortality Risk

1. Smoking
2. Poor physical fitness
3. Cholesterol (over 240)
4. Elevated BP (systolic over 140)
5. Obesity

Chlamydia Testing

Van Buren County had 216 and Cass County had 136 confirmed cases of chlamydia in 2010. The incidence has been essentially unchanged over the past four years.

The U.S. Preventive Services Task Force recommends the following:

- All sexually active females 25 years of age and younger should have a Chlamydia test once a year. If you are pregnant and 25 years old or younger, you should be tested for chlamydial infection.
- All other sexually active women who have no symptoms but are at increased risk for infection should be routinely screened.

Syphilis Increase in Michigan

In 2010 there were more than 100 cases of syphilis in Michigan, which is a significant increase from prior years. Van Buren County had 3 cases and Cass County had 0. In Michigan more than 90% are male and 75% are men who have sex with men (one half of which have HIV). Do not forget to test for syphilis.

How to Reach Us:

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The Flu is Arriving...Vaccine is still Valuable!!

Influenza is arriving in a typical fashion this year and should peak in the next 1-3 weeks. Three strains are circulating:

**An Influenza A strain (A/H3)
Last year's Swine Flu (A/H1N1) and
An Influenza B.**



The 2010-2011 flu vaccine is an excellent match for all three strains and still is of value. It is not too late to get immunized! Contact us for information, clinic schedule and/or appointments.

Beautiful Smiles are Possible with Affordable Dental Care!!

Quality dental care provided for children and adults.

Services include: Dental exams, cleanings, x-rays, extractions, restorative work including tooth colored fillings, crowns and bridges, dentures, partials, whitening and other dental procedures.

We have two locations to service you better

Call to make an appointment:

Dowagiac 1-888-782-0064 and Hartford 1-800-210-1921 Emergencies and walk-ins welcomed!

We accept Medicaid, Delta-Dental & Delta Dental Healthy Kids, BCBS Mi-Child & Medicare Blue Plus, BCBS of Michigan & Illinois as well as other insurances. We also offer self-pay at discounted rates. Visa & Mastercard accepted. Payment is due at time of service



Van Buren County Substance Abuse Task Force

The Van Buren County Substance Abuse Task Force would like to invite interested community members to join our coalition.

Van Buren County Substance Abuse Task Force is a community collaborative that addresses emerging issues associated with the use, abuse, addiction, and manufacturing of methamphetamine, prescription drug, alcohol and other drugs. The VBSATF works to educate, enforce and promote what is the best for the health and safety of Van Buren County residents.

The Van Buren County Substance Abuse Task Force meets the third Thursday of each month at 10:30am – 12:00pm at the Van Buren County Conference Center, 250 South Street, Lawrence. Please contact Molly Hamre, VBSATF Coordinator for more information at 269-621-3143 ext. 314 or by email; Mollyh@vbcassdhd.org

For the VBSATF missions statement, goals and meeting dates please visit;

<http://www.vbcassdhd.org/vbc/VanBurenCountySubstanceAbuseTaskForce.htm>

