

COMMUNITY HEALTH NEWS & VIEWS

Vol. 4 No. 2
SPRING 2001



A Publication Of Community Health Nursing Program, Genesee County Health Department

THE EASTSIDE BUSINESS ASSOCIATION



The Eastside Business Association (EBA) meets every Wednesday from 12:00 – 1:00 p.m. at Brown's Funeral Home on Davison Road. Eastside business owners attend regularly, as well as concerned residents, school personnel, police officers, block clubs, and crime watch members, and staff from various agencies. Any person interested in improving the Eastside is encouraged to attend.

The purpose of the meetings are to get together to discuss things that affect the neighborhood, whether it has a positive or negative impact. Some items that have been discussed in recent meetings include:

- The repaving of Davison Road and the change from 4 lanes to 3 lanes, which the EBA requested and supports.
- The constant problem of graffiti. The EBA has (Con't on pg. 2)

HEALTH TIP:



How many cigarettes have you smoked today without knowing it?

- Riding in a closed car for one hour with a smoker equal three cigarettes smoked.
- Living with a pack-a-day smoker for just one day equals smoking three cigarettes.

Source: American Lung Association of Michigan



APRIL IS STD/FAMILY PLANNING AWARENESS MONTH!

The clinic for Sexually Transmitted Diseases has moved to the McCree Health Center at 115 E. Pierson Road near intersection of M. L. King Jr. Blvd and Pierson Road, next to the Bryant Center. The hours are Monday - Friday 9 a.m. to 11:00 a.m. and 1:00 p.m. to 4:00 p.m. The clinic provides information about STD's, confidential STD counseling, test and treatment, anonymous HIV counseling and testing, free condoms, and treatment for partners. For more information to make an appointment, please call (810) 785-8530.

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The Family Planning Clinic services are provided at the McCree North Health Center and Burton Health Center. Birth control

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The Eastside Business Association con't. from page 1

Received a donation of paint to cover graffiti for those vandalized. They only ask that you take before and after pictures for their records.

- The good work being done by Reverend Gene Warren at Calvary Assembly and Reverend Dan Anderson at Noah's Ark to provide activities for youth after school and on weekends.
- The EBA is working with Washington and Homedale schools in a pilot program to reduce absenteeism due to head lice. They have purchased vacuum attachments and combs to be used by parents at the school, and the school personnel provide education on head lice and on the use of the equipment.
- The continued problem of trash from evictions creating an eyesore and reducing the pride of residents. The EBA is working on a plan to collaborate with DPW and landlords to develop policies and insure enforcement of existing ordinances.
- The number of abandoned, boarded up houses on the Eastside. The EBA is closely connected to the Greater Eastside Community Association, which is rehabilitating or demolishing abandoned properties. Demolition has been done to sites on Franklin and New York Avenues and plans are being made to install a pocket park on 4 lots.



PEOPLE'S PERSPECTIVE REFLECTED AT COMMUNITY FORUM

Residents of 48504 and 48505 came together on December 7, 2000 to discuss health issues that their neighborhoods are facing.

Sponsored by the Health Committee of the Neighborhood Roundtable, the Community Health Forum paved the way for examining neighborhood concerns from the people's perspective.

Bobby Pestronk, Health Officer of the Genesee County Health Department, presented health statistics for 48504 and 48505. These zip codes account for more than the infant mortality and gonorrhea disease prevalence in the entire county. Health disparities also exist in health areas such as cardiovascular disease, infectious diseases and unintentional injuries.

The forum participants broke down into smaller discussion groups to paint the actual picture in the neighborhood. Many of the issues they raised did not directly validate the statistics, but may have direct impact on these health problems.

WHAT IS THE MICHIGAN CHILDHOOD IMMUNIZATION REGISTRY (MICR), AND HOW DOES IT BENEFIT MY CHILD?



The MICR is a statewide record keeping system for children who receive immunizations anywhere in Michigan. It was created by a Bill that became State Law on January 12, 1997. Records for Children born after December 31, 1993 are entered into the registry by the office of the State Registrar from birth certificate information. Providers create records for children born before 1994. Physicians and other authorized immunization providers update the records by reporting when they vaccinate a child. Providers use the MICR to assess the child's vaccine status. Access to the registry is only allowed with unique codes and passwords to assure privacy. Each MICR site receives only the level of access needed. Schools and day care



...s main health concerns
 ...care system, which rai
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 ...and lack of trust for hea
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 ...g unemployment and lo
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 ...lack of awareness and information on available

Pictured left:
 Freeman School Walking Club
 Winter 2001.

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 issues.

The health problems may seem insurmountable, but the health committee hopes to work with those who are affected and come up with some solutions. If you would like to join the Neighborhood Roundtable Health Committee, the meetings are the 1st Friday of every month at McCree North Health Center located at 115 E. Pi Road in Flint. For more information call Martha Gol

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Walking Clubs 2000/2001

This past winter, 2001, the Community Health nurses worked with residents of Genesee County to form area walking clubs. Walking clubs were formed in an effort to motivate people not previously involved in physical activity to increase their activity level. Physical activity can help reduce the risk for heart disease as well as other chronic diseases. Eight clubs that were formed completed ten weeks of walking, three times per week. Clubs walked in the following areas:

- Knollwood Apartment Complex Area
- Northbank Center Area
- Kearsley Manor Area
- Summerfield Elementary Area
- Freeman School Area
- First Presbyterian Church of Flint Area
- Emmanuel United Methodist Church Area



Heart disease is currently the number one killer of both men and women. Physical activity is just one thing we can control in our lives to help reduce our risk. We will start our next walking clubs Fall 2001.

To form a walking club there must be someone who will volunteer to be the team leader. Team leaders work closely with the Community Health Nurse for the area, to help the project run smoothly. Also, there must be an available location approved for use for the walkers, someone walking with the larger group regularly trained in CPR, and water and a telephone available at the walking location. Walkers who complete ten weeks of walking, three times per week will receive incentives and will be eligible for prizes at the end of the program.

To learn more about the project, if you are interested in forming a walking club in your area, or joining one close to you, please call Martha Goldner, with the Community Health Nursing Program at the Genesee County Health Department at 785-5279. We look forward to hearing from you and walking with you. Remember, "Just a Bit, Gets you Fit"

STROKE (BRAIN ATTACK)

According to U. S. National Statistics, Cerebral Vascular Accident (CVA) Stroke is one of the leading causes of death. Millions of Americans are affected by stroke, either themselves or throughout the loss of a loved one.

MCIR con't from pg. 2)

Children who receive their shots are protected from several serious preventable diseases. The MCIR helps to ensure that children get their shots. By keeping the registry up to date, accurate information is always available to

A stroke is a brain attack. The oxygen supply to the brain is altered. Without your oxygen your brain cannot function. If stroke is not corrected immediately it can lead to death and /or loss of speech and ability to move certain areas of the body.



providers, even if the child has been vaccinated by other providers. This helps to assure that children receive their shots on time, decreasing the number of missed immunizations. The MCIR helps the provider reduce the number of phone calls to other providers to check a child's vaccine history and helps the provider keep information in medical records accurate. This benefits both the child and parent.

Warning Signs of stroke are:

- Sudden weakness or numbness of the face, arm and leg on one side of the body
- Trouble talking or understanding speech
- Dimness or loss of vision in one eye
- Unexplained dizziness, unsteadiness or sudden falls

Many Americans are at risk.

Risk Factors are:

- High Blood Pressure
- Heart Disease
- A history of "mini strokes" or some combination of these

Risk factors can be decreased by regular exercise, following a heart healthy diet , decreasing the fat in ones diet and increasing fruits and vegetables.

Smoking and being overweight can also increase the risk. The best cure for a stroke is prevention. Exercise, eat a healthy diet, maintain a healthy weight, decrease or stop smoking, monitor your blood pressure and cholesterol and see your physician regularly.

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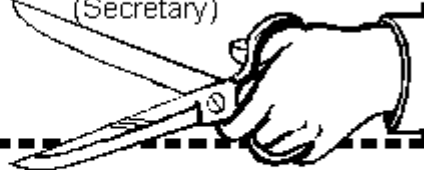
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Drop us a Note!

If you have questions on any of the articles in our newsletter feel free to drop us a note. We will be glad to respond to your letters. You may call us at 785-9711. Fax us at 785-9675 or mail to: "Letters to the Editor", Community Health News and Views, 115 E. Pierson Road, Flint, MI 48505.

OPPORTUNITIES

- We will be holding focus groups to determine best way to educate men about health issues you are interested in participating, please call 785-5279 for details. Incentives will be provided.
- We will be providing the Beautiful Black V Without Heart Disease Project this May in our salons. If you are interested in having your salon participate, please call 785-5279 for details.
- April is National Public Health Month.
- May is Blood Pressure Awareness Month.

4C's Children's Fair

The 4C's Children's Fair is scheduled for April 25, 2001 at Courtland Center. Immunizations will be provided from 9 a.m. to 7:00 p.m. All kids who are immunized at this event will receive a certificate.