

# COMMUNITY HEALTH



## NEWS & VIEWS



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A Publication of the Community Health Nursing Program, Genesee County Health Department

### Just a Bit, Gets YouTH Fit!

Cardiovascular disease is the leading cause of death for both men and women. It claims more lives than cancer, accidents, pneumonia, influenza, AIDS, diabetes and suicides combined.

Physical activity is one way we can help to prevent cardiovascular disease. The Community Health Nurses promoted the Greater Flint Health Coalition's "Just a Bit, Gets YouTH Fit!" campaign through forming walking clubs with Genesee County residents. The walking clubs were put into place to motivate people not previously involved in physical activity to become involved in walking to help reduce their risk for heart disease.

This past fall, four walking clubs were established. They completed 10 weeks of walking, three times a week. The walking clubs formed last fall were:

- ❖ Bicentennial Park
- ❖ Rosehaven Manor
- ❖ Brownell School
- ❖ St. John's Church Family Center

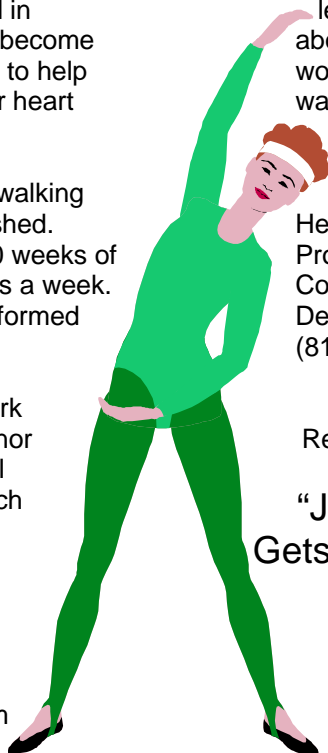
To form a walking club there must be someone who will volunteer to be the team leader. Team leading involves

working closely with the Community Health Nurse for the area. The area where the club wishes to walk must be approved for use, have a telephone and water available. Also, someone walking with the larger group must be CPR trained. Free CPR training will be provided for those clubs that need to have someone trained. Walkers who complete ten weeks of walking, three times per week will receive incentives and will be eligible for prizes at the end. Our next walking club will begin in Spring 2002.

If you are interested in learning more about the project, would like to start a walking club or join one close to you, please contact the Community Health Nursing Program at Genesee County Health Department (810) 785-5279.

Remember,

**"Just A Bit,  
Gets YouTH Fit!"**



### ❖❖ FREE LEAD TESTING ❖❖

Genesee County Health Department offers free lead testing in the Lead Clinic for children 6 years old and under who have no health insurance. The Lead Clinic is held every 4<sup>th</sup> Thursday of the month between the hours of 8:00 am – 12:00 noon. An appointment is required. For an appointment or questions please call the Lead office at (810) 785-4819 talk to Stacey Nelson RN, BSN, Public Health Nurse.



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# FUGLUC

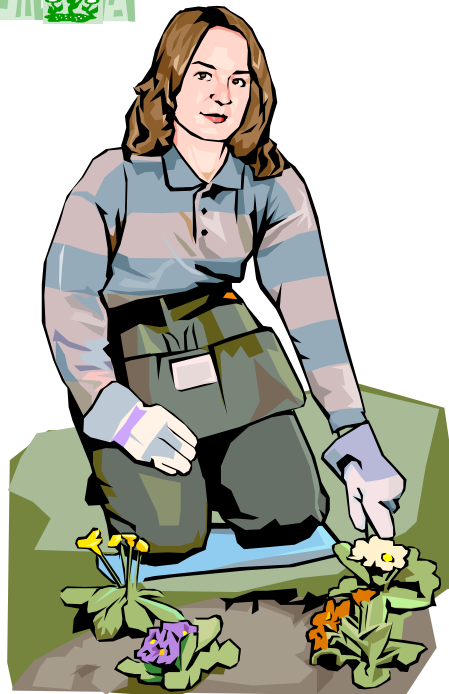


Flint Urban Gardening and Land Use Corporation (FUGLUC) is pleased to announce it has been awarded a grant of \$50,000 from the Ruth Mott Foundation. FUGLUC is an organization operating under Salem Housing Task Force. FUGLUC was created to provide information and resources to area groups interested in community gardening. Community gardens provide food security, exercise, stress reduction and beautification of neighborhoods. Groups working with FUGLUC include block clubs, church groups, schools and other youth serving organizations.

The grant will be used to hire a full time staff person and to expand current programs, including the GROWing Kids program, Community Gardens, and Raised Bed Gardens. In GROWing Kids, FUGLUC provides gardening and nutrition presentations at area schools. Through the Community Gardens program, FUGLUC can provide assistance with plowing, soil, plants and seeds for neighbors wanting to improve a vacant lot in their community. The Raised Bed program provides raised bed gardens, including lumber, soil and plants to low income families, seniors and the disabled.

Meetings are held on the second and fourth Thursdays of the month from 12:30-1:30 at Salem Housing. Salem Housing is located at 3216 Martin Luther King Blvd. Meetings are used to distribute information and connect to resources, including finding out how to get permission to use a vacant lot in your community. Gardeners come to share their stories and troubleshoot problems with the group. Any interested person is invited to attend.

If you have any questions about FUGLUC, any of its programs or are interested in becoming a member, please call 785-5340 ext. 27.



True or False?

- A) Within 24 hours after being smoke free, your chance of a heart attack decrease.
- B) Forty-eight hours after you have stopped smoking, your ability to smell and taste is enhanced.
- C) Within 2 weeks to 3 months of quitting smoking, lung functions increase up to 30 %.

## Automatic External Defibrillator AED

When you visit any Genesee County office to do your business, you can rest assured that your life is in good hands. Why? Because all Genesee County buildings are now equipped with AED's ready to save lives.

AED or automated external device is an easy-to-operate device used together with the performance of cardiopulmonary resuscitation (CPR) to treat persons who are having a heart attack. While CPR can give someone a 10 percent chance of survival, the AED increases survival rates to 50 percent.

Anyone who is trained can operate an AED. One need not be medical personnel to be able to properly use an AED.

County employees were trained by community health nurses from Genesee County Health Department. Part of the training also involved CPR and relief of foreign body airway obstruction or choking.

The placement of AEDs in county buildings and the training provided for employees will help the county meet its goal of increasing survival from sudden heart attacks by increasing the number of rescuers prepared to phone 911 and provide early CPR and early defibrillation. These actions will help meet the objective of reducing disability and death due to cardiovascular disease and stroke.



## Look for National Child Passenger Safety Awareness Week in February!

Car crashes are the number one killer of children. Every year thousands of children are injured or die in car crashes. Because children have softer



bones, weaker neck muscles and more fragile bodies, they

are more likely to be hurt than an adult. Even in minor crashes or sudden stops, a child without proper safety restraints can be hurt. Always remember to use safety restraints even if you are just going a short distance. Most accidents occur on short trips or close to home.

With the correct use of child safety seats and seat belts, many of these injuries and deaths could be avoided. To assist in decreasing the number of children injured, there are child safety seat checks conducted on various days and locations. There are also fitting stations that offer assistance to parents. They provide educational information on how to properly install a child safety seat and properly secure the child. Local fitting stations are listed below. **Remember, wearing your seat belt will provide a child with an example of a healthy lifestyle.**

UAW – GM  
1030 Doris Road  
Auburn Hills, MI 48326  
PH: (248) 340-7969

Valley Ambulance, Inc.  
615 West Brady Street  
Chesaning, MI 48616  
PH: (517) 845-2389



Greater Flint/Thumb Area 4C Association  
3360 Virginia Drive  
Columbiaville, MI 48421  
PH: 800-527-2182

Michigan State Police  
One Hurley Plaza  
Flint, MI 48503  
PH: (810) 762-7064

Early Headstart  
1181 West Scott Road  
Flint, MI 48503  
PH: (810) 591-7204

Hurley Medical Center Trauma Services  
One Hurley Plaza  
Flint, MI 48503  
PH: (810) 762-7064

Genesee Valley Dodge, Inc.  
G-4140 Miller Road  
Flint, MI 48507  
PH: (810) 720-9800

Krane Chrysler-Dodge, Inc.  
524 Imlay City Road  
Lapeer, MI 48446  
PH: (810) 664-2900

Saginaw County Department of Health  
1600 North Michigan  
Saginaw, MI 48602  
PH: (517) 758-3801

Saginaw County Sheriff's Office  
618 Cass Street  
Saginaw, MI 48603  
PH: (517) 790-5448



## January is Cervical Cancer Awareness Month

The American Cancer Society estimates that there will be about 12,900 new cases of invasive cervical cancer in the United States in 2001. About 4,400 women will die from the disease. Will you be one of them? Hopefully not. Research shows that there are some things you can do to help decrease your chances of getting cervical cancer.

There are several risk factors for cervical cancer that can be controlled. The most important risk factor is infection with HPV (human papillomavirus), also known as Genital Warts. Because this disease can be passed from one person to another during sex, unprotected sex increases your risk of HPV. HIV infection is also a risk factor for cancer of the cervix. Being HIV positive makes a woman's immune system less able to fight both the virus and early cancers. Smoking is another risk factor for cervical cancer. Tobacco smoke can produce chemicals that may damage the DNA in cells of the cervix and make cancer more likely to develop. **Women who smoke are about twice as likely as non-smokers to get cervical cancer.**

Early cervical pre-cancers or cancers often have no signs or symptoms. That's why it's important for women to have regular Pap test. Statistics show that early detection is the key to survival. The 5-year survival rate for early invasive cancer of the cervix is 91%. For pre-invasive cervical cancer the survival rate is nearly 100 %.

Cervical cancer used to be one of the most common causes of cancer death for American women. But between 1955 and 1992 the number of deaths from cervical cancer declined by 74%. The main reason for this decline is the use of the Pap test to find cervical cancer early.

So do something good for your health, call your doctor or health clinic and make an appointment to have your Pap smear done. If you don't have a doctor, or you can't afford to see a doctor, the Genesee County Health Department has several clinics available to you. For more information please call (810) 787-2117 or (810) 257-3840.

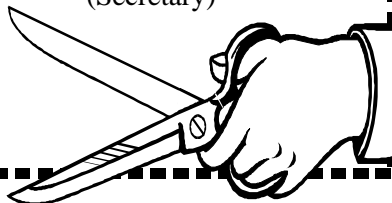
**Genesee County Health Department  
Community Health Nurses**

- Dianna LaBonte (Southwest Flint) 785-5279
- Angie Wood (Northwest Flint) 785-4818
- Debbie Williams (Southeast Flint) 785-4825
- Michelle Maitland (Northeast Flint) 785-4817
- Carol Donnelly (Burton/Grand Blanc) 785-4812
- Lamantha Richardson (Mt. Morris/Beecher) 785-4813

**Robert Pestronk** (Health Officer)     **Gary K. Johnson, MD, MPH** (Medical Director)

**Mark Valacak** (Division Director)     **Toni McCrum** (Supervisor)

**Dianna LaBonte** (Coordinator)     **Tujuana Cockrell** (Secretary)



**OPPORTUNITIES**

**Wanted Senior Companions.** Over the age of 60 and have lower income. For volunteering 20 hours a week with adults in the community. **You can benefit as a Senior Companion, You'll receive:**

- ✦ A cash gift tax free,
- ✦ Pre-service and ongoing training
- ✦ Help with transportation and meal cost
- ✦ And best of all the joy of helping others

Please call the Senior Companion Program (810) 257-3769.

**Senior Health Screening** available to age 60 and older. Call Mary Bluteau at (810) 257-3106 for more details.

**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 Rd., Flint, MI 48505.

Answers to Trivia Questions: A) True B) True C) True

(6145)  
Genesee County Health Department  
115 E. Pierson Rd. Flint MI 48505

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