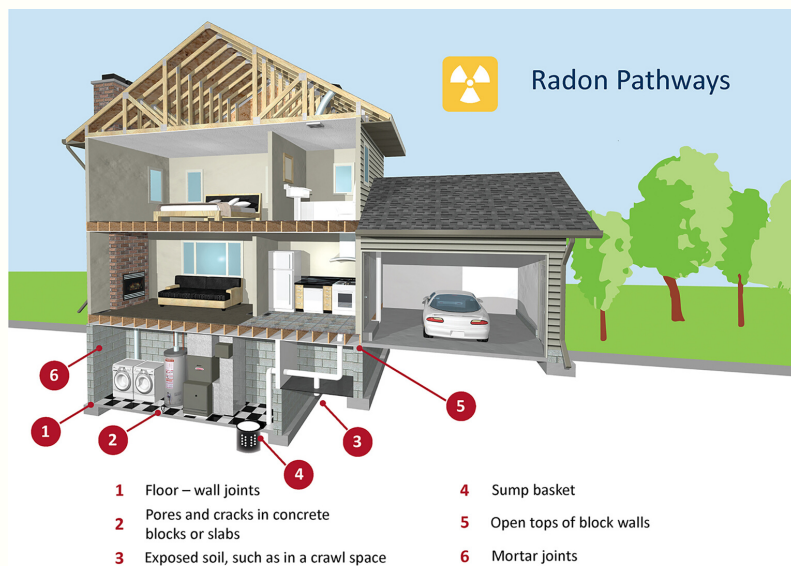


PHYSICIAN'S UPDATE

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.



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.



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 Medical Center Community Health Needs Assessment \(Benzie and Leelanau Counties\)](#)

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.

Starting, November 2019, the Health Department has a new Nurse Practitioner, Chelsea Menhart. Contracted through NMHSI, she will be providing service in our Benzie Office. Nurse Practitioner, Diana Moran, provides service for our Leelanau Office.

Adult Immunization Update

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

- PCV13 (Pevnar) - 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.



Dr. Joshua Meyerson

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231-547-7679

Combined Communicable Disease 5-Year Report

Benzie & Leelanau Counties, 2015-2019

Disease	2015	2016	2017	2018	2019
Campylobacter	3	2	5	7	3
Cryptosporidiosis	1	1	5	0	3
Giardiasis	1	3	5	4	2
Norovirus	0	0	0	0	16
Salmonellosis	6	7	7	2	7
Shiga toxin-producing Escherichia coli	0	1	3	0	0
Flu Like Illness	890	841	1053	904	699
Influenza	0	2	7	11	7
Meningitis - Aseptic	4	3	1	5	0
Meningitis - Bacterial Other	1	2	0	1	0
Streptococcus pneumoniae, Inv	3	6	1	3	0
Blastomycosis	1	0	0	0	0
Botulism - Infant	1	0	0	0	0
Brucellosis	0	0	0	1	0
CP-CRE	0	0	0	0	1
Coccidioidomycosis	0	1	1	0	1
Creutzfeldt-Jakob Disease	0	0	1	0	0
Gastrointestinal Illness	0	0	11	20	0
Head Lice	2	0	30	1	0
Hemolytic Uremic Syndrome	0	0	1	0	0
Histoplasmosis	3	0	0	1	0
Legionellosis	0	0	0	1	2
Strep Throat	19	16	31	39	5
Streptococcal Dis, Inv, Grp A	2	1	3	0	2
Unusual Outbreak or Occurrence	1	1	4	0	7
Vibriosis - Non Cholera	0	0	0	1	1
Rabies Animal	0	0	1	3	1
Animal Bite/Exposure	32	52	46	37	11
Chlamydia (Genital)	81	83	104	80	65
Gonorrhea	4	3	2	7	7
Syphilis - Secondary	0	0	0	2	0
Nontuberculous Mycobacterium	0	1	0	7	3
Chickenpox (Varicella)	5	8	1	1	1
H. influenzae Disease - Inv.	0	1	0	2	0
Pertussis	2	3	2	1	17
Shingles	1	0	1	0	0
VZ Infection, Unspecified	5	12	6	9	8
Chikungunya	0	1	0	0	0
Dengue Fever	1	0	0	0	1
Ehrlichiosis, Anaplasma	1	0	0	0	0
Lyme Disease	3	5	4	4	10
Rickettsial Disease	0	0	0	1	0
Zika	0	0	3	0	0
Hepatitis A	0	0	1	1	0
Hepatitis B, Acute	0	0	0	1	0
Hepatitis B, Chronic	1	2	3	0	1
Hepatitis C, Acute	0	1	0	0	0
Hepatitis C, Chronic	19	16	26	34	22



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

Send a secure fax to 231-882-0143 or call Jaime at 231-882-6366