

SPECIAL POINTS OF INTEREST:

- **Kindergarten Oral Health**
- **CSHCS Eligibility Changes**
- **National Nutrition Month**
- **HPV Awareness and Prevention**
- **Tick Identification**

Kindergarten Oral Health Assessments

Dental problems can prevent children from reaching their full learning potential. Public Act 316 of 2023 was recently enacted which sets forth the requirement that all children in Michigan enrolling into their first year of school receive an oral health assessment (dental screening) prior to starting school.

Dickinson-Iron District Health Department has partnered with Smiles on Wheels, a non-profit mobile hygiene program. Beginning with the 2024-2025 school year, oral health assessments will be provided to incoming Kindergarteners at no cost to families. Dental assessments should take place prior to the start of Kindergarten but not earlier than 6 months prior.

Ensuring that children have access to dental care will help them grow, develop, and succeed. The dental assessments will identify untreated dental disease and refer children for needed care, connect children and their families to dental homes, and raise awareness of the importance of good oral health among children and families, and they provide an opportunity for oral health education.



CSHCS Expanding Eligibility

Children's Special Health Care Services (CSHCS) is a program for children and some adults with special health care needs and their families. CSHCS is pleased to share that eligibility for the program has been expanded to age 26 (previously 21). It is anticipated to take at least six months to make the necessary computer system updates for the expansion; however, those deemed eligible will be able to backdate to 10/1/2023.

Will members who aged out at 21 prior to October 1, 2023, be re-enrolled?

Clients that have current medical report on file, and have not reached their financial review date, will be automatically re-enrolled. Clients that do not have a current medical report on file and are beyond their financial review date, will need to submit additional documentation and will not be re-enrolled automatically.

For questions call: Dickinson 906-779-7208 or Iron 906-265-4173



March is National Nutrition Month



The Academy of Nutrition and Dietetics promotes the transformative powers of healthy food choices and stresses the importance of a balanced diet along with exercise. Healthy eating and quality nutrition doesn't have to be restrictive. Small changes to your diet can have a cumulative effect on overall health over time. Every healthy choice to eat right, drink right, or get your body moving is a choice in the right direction. Trying to follow a healthy diet plan can feel overwhelming. Here are a few helpful tips.

1. Start small

- Try whole grain foods instead of refined (typically white) grain foods
- Cut back on sugary drinks and solid fats
- Try a low sodium or no sodium alternative!

2. Drink water

- Skip sugary drinks and add water to your day

3. Add color to your diet

- Natural color, that is. Bright greens from crunchy vegetables or vibrant reds or blues from fruit will give you a healthy boost

4. Pack your lunch

- This will help you stick to your healthy plan and avoid fast-food

5. Emphasize fruits and veggies

- Add vegetables to your main dishes and snack on fruits

6. Move your body

- Nutrition doesn't end with what you eat. The Academy of Nutrition and Dietetics encourages making exercise an integral part of our lives

When we eat real, nourishing foods, we're getting a wealth of vitamins and minerals that support not only healthy internal function, but give skin, hair, and nails an extra glow.

HPV Awareness and Prevention

March 4th is International HPV Awareness Day. HPV is the human papillomavirus. Almost all of us will have HPV at some point and while for most of us it isn't harmful, HPV is linked to several kinds of cancer.

HPV is a group of over 200 viruses that are spread by skin-to-skin contact. Most of the time HPV does not cause any problems but some types of HPV—the ones that are spread by sexual contact—can increase the risk of cancer in the mouth and throat, cervix, vagina, vulva, anus and penis. You can reduce your risk of HPV-related cancer through awareness, vaccinations and cervical screenings.

Ask your healthcare provider if you are a candidate for a cervical screening. Cervical screenings aim to detect the cell changes caused by HPV so that the abnormal cells can be removed before they can turn into cancer.

The best way to prevent HPV infection is through vaccination. Vaccination protects against the types of HPV that are most likely to cause virulent disease and cancer.

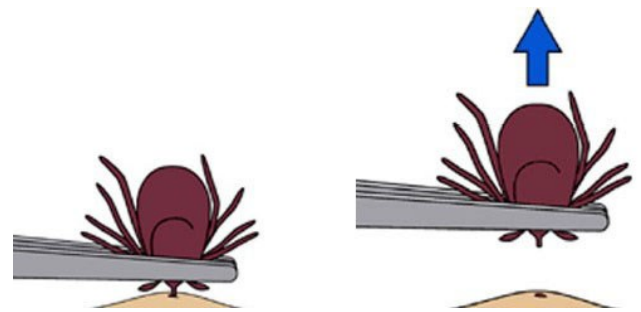
Any one between the ages of 9 and 45 are eligible for the vaccine. Contact your primary care provider or your local health department to schedule today.

For questions call: Dickinson 906-774-1868 or Iron 906-265-9913.

Tick Identification Assistance

In Michigan, there are several kinds of ticks that bite people and pets, and some can carry harmful bacteria, viruses, and parasites. Not all tick bites will make you sick, but tick-borne diseases, including Lyme Disease, do occur in Dickinson and Iron counties and can be serious if not treated. Tick identification can assist you in knowing what your risk of disease is and may help your physician decide how to treat your illness.

The Michigan Department of Health and Human Services (MDHHS) provides tick identification at no charge to Michigan citizens. There are two ways to have a tick identified, 1) By submitting a photo of your tick, or, 2) by sending the tick to the MDHHS for microscopic identification. If you want to submit a photo of your tick, the MDHHS will make all attempts to identify the tick based on the condition of the tick and the condition of the photos. However,



definitive tick identification may only be made by sending the tick for microscopic examination. Visit www.michigan.gov/emergingdiseases for additional information on submitting ticks for identification.

The Dickinson-Iron District Health Department, Environmental Health Division, will assist you with questions on how to access the MDHHS website to submit a photo of your tick. Also, we are available to answer your tick or Lyme Disease related questions. Please contact us at 906-779-7239, Monday-Friday 8-4 p.m.



Dickinson-Iron District Health Department

Iron County
1374 Commercial Avenue
Crystal Falls, MI 49920
Phone: 906-265-9913 Fax: 906-874-2950

Dickinson County
818 Pyle Drive
Kingsford, MI 49802
Phone: 906-774-1868 Fax: 906-774-9910

didhd.org

HEALTH DEPARTMENT ADMINISTRATION

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Community Health Services
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Mission Statement:

The mission of the Dickinson-Iron District Health Department is to assure the highest possible level of health for the people of the communities it serves. To fulfill this mission, the Department works with individuals and organizations to prevent premature death, disability, illness and injury, to prolong life, and to promote the public health through disease prevention and control, health promotion and healthy environments, and through the provision of direct services for particularly vulnerable high risk population groups.



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