



SPECIAL POINTS OF INTEREST:

- Nutrition Month
- A Note from the Nurse
- Welcome
- Public Health Week
- Tick Identification

Nutrition Month

Each year, the Academy of Nutrition and Dietetics celebrates National Nutrition month in March. This March, make a commitment to yourself to develop healthy habits by making a positive change. Begin by incorporating small steps that can make a significant impact on health.

Some small steps for healthy eating include the following:

- Eat mostly whole foods with a focus on more plant-based foods (fruits & vegetables, beans, whole grains, nuts & seeds)
- Set a goal to fill at least half of your plate with vegetables & fruit
- Include whole grains, such as oats, barley, brown rice, wild rice or quinoa
- Vary your protein sources by incorporating beans, lentils, soy products, nuts & seeds more often
- Keep saturated fat and cholesterol low; avoid trans fat
- Limit salt (sodium) and added sugars
- Balance your calorie intake with your physical activity

Proper nutrition is an essential part of a healthy lifestyle. A healthy and balanced diet includes a variety of foods, which together provide sufficient proteins, carbohydrates, fat, and other nutrients our bodies need.



A Note from the Nurse:

Children's Special Health Care Services (CSHCS) is a program that helps children and adults up to 26 years old with chronic health conditions by covering specialized medical treatments, prescriptions, medical equipment, and supplies. It's part of Title V of the Federal Social Security Act, focusing on improving health outcomes and quality of life through family-centered, community-based, and culturally competent services.

One of the main goals of CSHCS is to promote and incorporate parent/professional collaboration in all aspects of the program. The Family Center for Children and Youth with Special Health Care Needs (Family Center) is at the center of this goal. Through a **Family/Youth Engagement** grant from the Family Center, local CSHCS programs are able to hire a parent peer to assist in creating opportunities for families and youth to participate in local CSHCS activities and to support them in leadership and decision-making roles.

The Dickinson-Iron District Health Department recently secured this grant and was able to hire Chelsea Hoffa as our parent facilitator. Chelsea has a background in social work and brings with her years of experience working with special needs adults, but with the love a mother who has a special needs child. Her goal is to create a supportive community where families can connect, share experiences, and find resources. She will hold monthly parent/family meetings in order to develop that connection and together we'll work toward a more inclusive community. After all...a community that removes its barriers for some people is inclusive to ALL people.



Join us in welcoming our new FP Nurse Practitioner !

Welcome to DIDHD!

Allie is a board certified nurse practitioner. She has experience working as a registered nurse for eight years prior to becoming a nurse practitioner. Much of her career has been spent in the ICU and Emergency Medicine Department at Bell Hospital, Aspirus Iron River and Aspirus Wausau hospitals.

When Allie is not working, she enjoys spending time with her husband, five children, and her dog. She enjoys the outdoors and some of her hobbies include: reading, gardening, kayaking, snowshoeing, and snowboarding.



National Public Health Week

The Dickinson-Iron District Health Department will be celebrating 30 years of National Public Health Week which takes place April 7-April 13. This year the theme is “It Starts Here” highlighting the importance of making a difference in our home, community and state.

Public health isn't just for a single person—it's for you, your friends, your family and everyone in your community. Public health affects how we all live, work, and play—it's an invisible force that protects our safety and well-being.

Public health continues to prioritize health at every level, ensuring that everyone has the opportunity to thrive. Recent efforts have led to the eradication of various diseases in regions across the globe, the expansion of vaccination programs to protect children and older adults, and the securing of funding for foundational public health services to address urgent needs like reproductive care, behavioral health and climate resilience. For more information on Public Health week, visit nphw.org.

Tick Identification Assistance

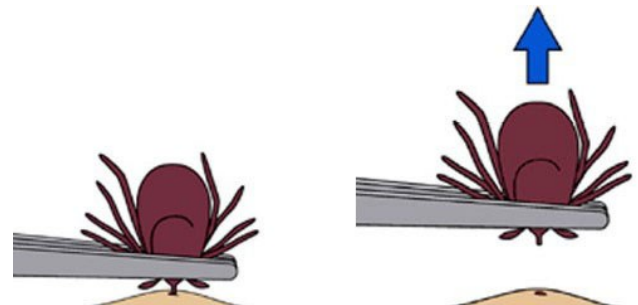
The Michigan Department of Health and Human Services (MDHHS) encourages Michigan residents to take steps to avoid ticks bites while enjoying the outdoors. Risk of tick-borne diseases, particularly Lyme disease and anaplasmosis, increases across the state as weather warms. Ticks can be active when weather is above 40 degrees Fahrenheit.

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. Tick photos may be emailed to MDHHS-Bugs@michigan.gov. 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.





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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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