

# Weekly Update

## Maternal Infant Health Program



**Please share this information with all  
MIHP team members.**

**Monday, November 29, 2021**

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## Third Hand Smoke Webinar Available

The webinar "Third Hand Smoke: What is it and what can I do?" is now available to share with MIHP agency staff and beneficiaries. It was initially presented at the Michigan Home Visiting Conference in August 2021 and is now posted on both the MDHHS Safe Sleep website and the Tobacco website.

**Presenters:** Joni Detwiler, MSW, Public Health Consultant, MDHHS Maternal Infant Health Program; Carolyn Chaudhary, MPH, Consulting Contractor, MDHHS Tobacco Section; and Patti Kelly, MPH, LMSW, Infant Safe Sleep Program Consultant, MDHHS Infant Safe Sleep Program

**Description:** The negative health effects of smoking and second-hand smoke (SHS) are well established; however, third-hand smoke exposure (THS) is an emerging area of concern, especially for families with young children. Efforts to reduce active smoking and SHS exposure have been ongoing, but THS exposure, which is invisible, is not always addressed. This webinar will address THS components and the pollutants that remain on surfaces after tobacco is used. It will share tobacco exposure data from Michigan's Maternal Infant Health Program and explore how THS exposure occurs. Specific chemicals in cigarettes and vape devices will be identified; effects on an infant's sleep environment will be discussed and possible ways to mitigate exposure will be offered. An infographic for families will be introduced with suggestions on how professionals can speak with families on this emerging issue.

**Access this training at** <https://youtu.be/YVJXHmnPrYw> on the MDHHS Safe Sleep Webinar page, [https://www.michigan.gov/mdhhs/0,5885,7-339-71548\\_57836\\_58080-489338--,00.html](https://www.michigan.gov/mdhhs/0,5885,7-339-71548_57836_58080-489338--,00.html) or the MDHHS Tobacco Webinar Third Hand Smoke page [https://www.michigan.gov/mdhhs/0,5885,7-339-71550\\_2955\\_2973-340372--,00.html](https://www.michigan.gov/mdhhs/0,5885,7-339-71550_2955_2973-340372--,00.html)

## National Influenza Vaccination Week



The Centers for Disease Control and Prevention (CDC) has designated December 5 -11 as National Influenza Vaccination Week (NIVM).

Do your part to #fightflu, by spreading the word about the importance of getting the influenza vaccine. The CDC has resources on its website to share with your families, including a digital media toolkit and infographics in English and Spanish. Check out the [CDC NIVM website here](#).

## Smoking and Safe Sleep Bulletin Board

A limited supply of the Smoking and Infant Safe Sleep Bulletin Board Kits are available. These kits are designed to increase client education and awareness of the impact of smoking on safe sleep and as well as increase knowledge of the benefits of keeping babies in a smoke-free environment.

If you would like a kit sent to you, please contact the Infant Safe Sleep Program at [MDHHS-InfantSafeSleep@michigan.gov](mailto:MDHHS-InfantSafeSleep@michigan.gov).

Please note that supplies are limited. [Electronic Bulletin Board Kits](#) are also available.



## Free Smoking Cessation Webinars

University of Michigan Health System's MidMichigan Health is offering a FREE eight-session virtual group workshop for individuals ready to quit smoking or vaping. The workshop is led by American Lung Association trained facilitators, and is available for current smokers and tobacco users ages 18 years and older.

Mondays, January 17 - February 29 & Wednesday, February 9

5:00pm – 6:30pm

**Hurry! Registration is limited to 15 participants.**

[Please click here to view Freedom From Smoking Cessation flyer](#)

## Link to MDHHS Publications

[Sign up here to receive program updates and communications.](#)

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## Coordinator Directory

[Click here to access the Coordinator Directory](#)

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## Topic Submission

If you have suggestions for topics to be addressed in future additions of the MIHP Weekly Update, [please submit your ideas here.](#)

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## Previously Released MIHP Weekly Updates

To review any previously released MIHP Weekly Updates, they can be found by [visiting the MIHP webpage Michigan.gov/MIHP by clicking here.](#)

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Our communication for the Maternal Infant Health Program has been streamlined to a single email address and phone number. Please forward all email to [MIHP@michigan.gov](mailto:MIHP@michigan.gov). For further assistance, contact the state office @ **1-833-MI4-MIHP (1-833-644-6447)**. Thank you.

