

MIHP Biweekly Update

July 3, 2023



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Home Visiting Survey: Help Inform a Resource Tool for Families

The MDHHS Michigan Home Visiting Initiative is working to create a sustainable tool that displays resources and supports for families within your community. To best inform the development of this tool, home visitor input is requested and encouraged.

- [Review this flyer to see details and access the survey.](#)
- Share this information with other home visitors in your network.

The survey is available until Friday, July 7th.

Maternal Health Digital Storytelling: An Opportunity for Families

In collaboration with [StoryCenter](#), the MDHHS Maternal Mortality Surveillance (MMMS) Program will be hosting an information session to share about the upcoming Maternal Health Digital Storytelling Workshop. The purpose of the workshop is to elevate voices of birthing persons and their support persons on experiences of complications and challenges during pregnancy and in the postpartum period through the creation of digital stories (videos). Challenges can include physical conditions, chronic disease management, delivery complications, and/or related to mental health and substance use.

The **information session** will take place on **Wednesday, July 5, 2023, 9:00 - 10:00 AM (via Zoom)** – please see the attached materials for more information about the workshop. If you are interested or know of any Michigan families who may be interested in attending the July 5th Information Session, please complete this [registration form](#). A meeting link will be sent to all who complete the form.

If you are unable to attend the July 5th information session but would like to participate in the Digital Storytelling Workshop, please contact Melissa Limon-Flegler, Michigan Maternal Mortality Surveillance Program Coordinator at LimonFleglerM1@michigan.gov or (517) 284-4230.

[Flyer-MMMS DST Info Session 6.26.23.pdf](#)

[Overview - What Is DST](#)



Michigan Department of Health & Human Services

FOR IMMEDIATE RELEASE: Michigan families urged to check air quality, take other precautions to protect health and safety

Press Release

FOR IMMEDIATE RELEASE: June 28, 2023

CONTACT: Lynn Sutfin, 517-241-2112, Sutfin1@michigan.gov

Michigan families urged to check air quality, take other precautions to protect health and safety *MDHHS sets up hotline to answer health-related calls during the week*

LANSING, Mich. – As Michiganders enjoy the outdoors this holiday weekend and throughout the summer, the Michigan Department of Health and Human Services (MDHHS) is urging families to take precautions to protect their health and safety. These include the usual advice of applying sunscreen and using insect repellent, and now also include checking air quality before they head out.

“We are experiencing a unique situation when it comes to air quality in Michigan,” said Dr. Natasha Bagdasarian, MDHHS chief medical executive. “Smoke from Canadian wildfires is affecting air quality across the state ranging from unhealthy for older and younger residents and those with underlying health conditions to unhealthy for all residents. We are urging Michiganders to check the Air Quality Index online regularly to determine if there are any actions they should take.”

The [Air Quality Index \(AQI\)](#) is a color-coded way for residents to see what the levels of some types of air pollution are in their area. The higher the AQI, the worse the air quality is and the more cause for concern.

Live color-coded air quality conditions that indicate if air quality is healthy (green) or unhealthy (yellow, orange, red and purple), along with steps to protect your health, can be found at the [AirNow website](#) and mobile app. Residents can also sign up for alerts through the [EnviroFlash system](#). This subscriber system allows you to choose the area you would like to get alerts for, and it will send alerts directly to your email or send a text message.

MDHHS has set up a hotline for Michigan residents to ask health-related questions related to air quality issues. The number is 800-648-6942, and is available Monday through Friday, 8 a.m. to 5 p.m., excluding holidays.

Currently the AQI for particulate matter is high in many parts of Michigan due to smoke and fires in the U.S., and particularly in parts of Canada. It is possible that the Canadian

wildfires may last several more weeks. The AQI is also used for levels of other pollutants, like ozone.

Anyone can get sick from exposure to wildfire smoke, but some people are more sensitive to particle pollution. Older adults aged 65 and older, pregnant people, children, and people with lung and heart conditions may be more likely to get sick if they breathe in wildfire smoke. Symptoms from breathing in particle pollution can include wheezing, coughing and shortness of breath. If you have asthma, follow your asthma control action plan or contact your health care provider if you have symptoms. If you have heart disease and experience these symptoms, contact your health care provider.

The most protective option when air is unhealthy is to stay indoors with air conditioning, reduce strenuous activities and limit outdoor activities. If you must be outside, N95 masks offer enhanced protection when used according to product instructions.

During unhealthy for sensitive groups (AQI orange) to unhealthy for everyone air quality events (AQI red), MDHHS advises the following:

For people with heart or lung disease, pregnant people, older adults aged 65+, children and teens it is suggested to take the following steps to reduce exposure:

- Avoid strenuous outdoor activities.
- Keep outdoor activities short.
- Consider moving physical activities indoors or rescheduling them.

For everyone else:

- Choose less strenuous activities (like walking instead of running) so you don't breathe as hard.
- Shorten the amount of time you are active outdoors.
- Be active outdoors when air quality is better.

During very unhealthy (AQI purple) or hazardous for everyone (AQI maroon) air quality, MDHHS advises the following for everyone:

- Stay indoors with the doors and windows closed using MERV-13 or better air filtration.
 - Seek shelter elsewhere if you do not have an air conditioner and it is too warm to stay inside with the windows closed. Call or text 211 or contact your local health department to find out if there is a shelter or cooling center nearby.
 - Use air filters to improve indoor air quality. Whether you have a central air conditioning system or a portable room unit, use high efficiency filters to capture fine particles from smoke. If you don't have access to those filter systems, you can create a temporary air purifier with a 2012 or newer box fan and attaching a MERV-13 or higher air filter to it. Information is [available online](#).
- Keep activity levels low.
- Avoid outdoor activities.
- Use N95 style masks if you have to be outside.
 - Surgical and cloth masks are not recommended as they are not designed to prevent breathing in the fine particulate matter in wildfire smoke.

Additional helpful resources:

These resources may be helpful to you if you are looking to learn more about air quality in your area, specifically around wildfires and smoke impacts.

- [US EPA Wildfires and Smoke map](#)
- [US EPA Interactive Map of Air Quality](#)
- [US EPA Fires and your health](#)
- [US EPA Particle Pollution](#)
- [EGLE Air Monitoring Information and interactive map](#)
- [Is burning allowed?](#) and [gov/OpenBurning](#)

[To read the full Press Release click here.](#)

FOR IMMEDIATE RELEASE: MDHHS seeks participants for community influencer program to inform Social Determinants of Health Strategy



Press Release

FOR IMMEDIATE RELEASE: June 29, 2023

CONTACT: Chelsea Wuth, 517-241-2112, WuthC@michigan.gov

MDHHS seeks participants for community influencer program to inform Social Determinants of Health Strategy

LANSING, Mich. – As part of ongoing efforts to advance Social Determinants of Health (SDOH), the Michigan Department of Health and Human Services (MDHHS) has launched a [SDOH Community Influencer Program](#), which will foster community engagement, address barriers such as food insecurity and affordable housing and advance health equity by leveraging the power of local influencers from different regions across Michigan.

As part of the [SDOH strategy](#), the community influencer program will bring together a diverse group of trusted community members. These individuals will represent the authentic voices of local communities whose input will improve SDOH programs and delivery of services.

“Our goal is to ensure the diverse perspectives of local Michigan community members help guide our SDOH work,” said Elizabeth Hertel, MDHHS director. “By actively involving these engaged community members, MDHHS will improve awareness and access to resources that support social determinants of health, ultimately leading to better health outcomes for all Michigan residents.”

The program's implementation is structured around three key phases:

1. **Listen:** Community influencers will be engaged through brief questionnaires, surveys, meetings and community events to share their valuable feedback. This approach ensures their participation while respecting their time and commitments.
2. **Reflect:** The feedback gathered during the listening phase will be carefully reviewed and interpreted by the SDOH team. The team will analyze the insights shared by community influencers to identify community-driven solutions and strategies that address the specific needs of diverse communities.
3. **Act:** In this phase, MDHHS will integrate the feedback received from community influencers into programs and policies. MDHHS is committed to closing the feedback loop by transparently communicating with community influencers about how their input will result in future actions. This ongoing dialogue will foster collaboration and build trust between MDHHS and the community influencers.

The SDOH Community Influencer Program membership is expected to include 50 individuals across Michigan, with representation from various populations and communities facing social determinants of health challenges.

What is a community influencer?

A community influencer is a person who shares input regarding their community's needs. Influencers will have a working relationship with MDHHS, as well as local community partners.

What does a community influencer do?

Community influencers will provide feedback on programs and share experiences. MDHHS wants to hear about challenges in communities that may prevent people from having happy and healthy lives.

Why should I be a community influencer?

Make a difference in your community. A community influencer can help enhance decision-making to inform policies and improve programs and services that benefit the needs of the local community, such as food insecurity and housing. Input will ultimately help to improve health outcomes and advance equity in Michigan.

Who can be a community influencer?

The community influencer program is open to any Michigan resident with an interest in improving the health and well-being of their community. Influencers must be 18 years of age or older.

MDHHS recognizes the valuable time, effort and expertise shared by community influencers and has developed a compensation plan for their contributions. Community influencers will receive a monthly compensation of \$75 for their active participation in

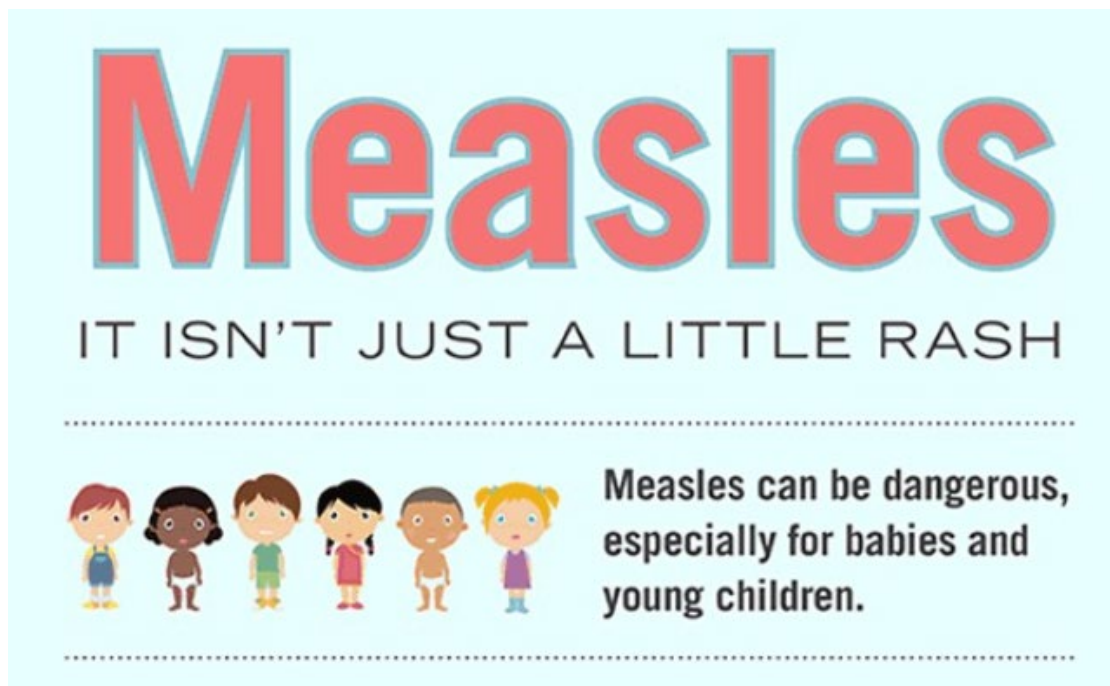
meetings, focus groups, surveys and social media engagement. In-person orientation session attendance will be rewarded with an additional \$100.

We invite community members from across the state to fill out [an interest form to apply to become a community influencer](#) and help shape a healthier and more equitable future for our communities. The program is open to any Michigan resident over age 18 who is interested in improving the health and well-being in their community.

For more information about the SDOH Community Influencer Program and how to get involved, please visit, Michigan.gov/SDOH.

[Click here for the full Press Release.](#)

Guidance on Measles during the Summer Travel Season



As the summer travel season begins, the Centers for Disease Control and Prevention (CDC) is issuing a [Health Alert Network \(HAN\) Health Advisory](#) to provide guidance for measles prevention for international travelers.

As of June 8, 2023, CDC has been notified of 16 confirmed U.S. cases of measles across 11 jurisdictions, with 14 (88%) linked to international travel. Based on current estimates, twice as many Americans are planning to travel internationally in 2023 compared with 2022. Many countries and popular travel destinations, such as London, England, have experienced measles outbreaks in recent years. The United States has seen an increase in measles cases during the first 5 months of 2023, with 16 reported cases compared with

3 in 2022 during the same period. Most of these cases were among children who had not received measles-mumps-rubella (MMR) vaccine.

To prevent measles infection and spread from importation, all U.S. residents should be up to date on their MMR vaccinations, especially prior to international travel regardless of the destination.

Recommendations for Healthcare Professionals

- Ensure that all people without other evidence of immunity, especially those planning international travel, are up to date on MMR vaccine and other recommended vaccines before their international travel.
- CDC recommends that all U.S. residents older than age 6 months who will travel internationally, without evidence of immunity, receive MMR vaccine prior to departure.
 - Infants 6 through 11 months of age should receive one dose of MMR vaccine before departure. Infants who receive a dose of MMR vaccine before their first birthday should receive two more doses of MMR vaccine, the first of which should be administered when the child is 12 through 15 months of age and the second at least 28 days later.
 - Children 12 months of age or older should receive two doses of MMR vaccine, separated by at least 28 days.
 - Teenagers and adults without evidence of measles immunity should have documentation of two doses of MMR vaccine separated by at least 28 days.

For More Information

- *International Travelers*
 - [Plan for Travel - Measles | CDC](#)
 - [Safety Information for Measles, Mumps, Rubella \(MMR\) Vaccines | Vaccine Safety | CDC](#)
- *Healthcare and Public Health Professionals*
 - [For Healthcare Professionals - Diagnosing and Treating Measles | CDC](#)
 - [Interim Measles Infection Prevention Recommendations in Healthcare Settings | CDC](#)
 - [Measles - Vaccine Preventable Diseases Surveillance Manual | CDC](#)

[Rubeola / Measles | CDC Yellow Book 2024](#)



Learning Resources

Great Lakes Breastfeeding Webinar: "Human Milk and Cannabis Series"

ANITA ESQUERRA-ZWIERS, BSN, MS,
PHD PRESENTS

HUMAN MILK AND CANNABIS SERIES: INTERPRETING HALE'S GUIDANCE ON LACTATION AND MARIJUANA, CBD OILS, AND OTHER NON-INHALED MARIJUANA SOURCES

MIBREASTFEEDING.ORG/WEBINARS



Description from our presenter: "Twenty-one states in the United States have legalized recreational marijuana. With the legalization of marijuana, there have been increased reports of postpartum use of marijuana with inconsistent hospital policies. Due to federal limitations, little research has been conducted on lactation and marijuana and other similar substances to guide lactation workers caring for lactating parents who use marijuana, CBD oils, and other non-inhaled marijuana sources. This webinar discusses marijuana policies, laws, and recommendations. We will break down the pharmacokinetics of cannabinoids and address Thomas Hale's recent recommendations on lactation and marijuana."

Objectives:

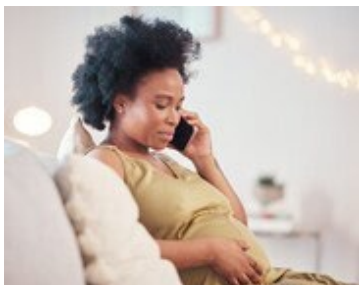
- List policies, federal and state laws around marijuana and prenatal and infant testing.
- Understand the pharmacokinetics of cannabinoids in lactating parents and newborns.
- Identify gaps in research with marijuana and parent and infant health outcomes.
- Discuss recommendations and implications that support current evidence and professional policy statements.

Approved for 1 L-CERP, 1 nurse's contact hour, 1 social work CE hour, 1 dietitian CPEU, 1 Community Health Worker CEU, 1 Certified Health Education Specialist CECH, and 1 CME until June 18, 2024.

[Registration now open!](#)



HRSA Celebrates the National Maternal Mental Health Hotline's First Anniversary



HRSA celebrated the [first anniversary of the National Maternal Mental Health Hotline on May 14](#). Since its launch on Mother's Day 2022, the hotline's professional counselors have provided emotional support, resources, and referrals to almost 12,000 pregnant and postpartum individuals who struggled with mental health concerns, and their loved ones.

Upcoming State of Michigan (SOM) Holidays

July
July 4th

July Celebrations and Awareness Causes

Disability Pride Month	July 1
Minority Mental Health Awareness Month	July 1
Plastic Free July	July 1
International Peace & Love Day	July 16
Malala Day	July 12
International Self-Care Day	July 24
World Heart Day	July 29



[Disability Pride Month](#)

The Disability Pride Flag, designed by Ann Magill, was created to encompass all disabilities.

- Black background:
 - The black background represents the suffering of the disability community from violence and also serves as a color of rebellion and protest.
- Across the flag diagonally are five zigzag lines colored blue, yellow, white, red, and green:
 - The lines are considered to be a lightning bolt and each color represents something unique about the disability community.
 - The lightning bolts represent the non-lateral lives of the many people within the disability community.
 - The lightning bolt represents how individuals with disabilities must navigate barriers, and demonstrates their creativity in doing so.
- The five colors represent the variety of needs and experiences:
 - Mental Illness (blue), Intellectual and Developmental Disabilities (yellow), Sensory Disabilities (white), Physical Disabilities (red), and Invisible and Undiagnosed Disabilities (green)

[Tips on ways to celebrate and advocate for Disability Pride Month](#)

- **Educate yourself** on how to properly address members of the disability community: Learning the different language preferences used to identify members of the disability community is an important step in becoming an ally or advocate. For example, “person-first language” warrants that people get to know a “person first” prior to simply identifying the person’s disability. Terms and phrases often used in “person-first language” include “person with a disability” or “people with disabilities.” It is important to know that the “person-first” is also denounced by some who feel as if this language stigmatizes disabilities by isolating a person from their identity. On the other hand, the “identity-first language” is used with terms and phrases like “disabled person” or “autistic person.” Such terms are favored by those who connect their disability with their personhood. Nevertheless, asking whether or not to use “person-first” or “identity-first language” rather than assuming a person’s identity is a way to respect someone’s chosen identity.
- **Sit down, be quiet, and listen:** An empathetic way of showing allyship is allowing those who have experience with disabilities to tell you about their lives, hopes, dreams, and needs. A person can acknowledge the human experience associated with struggles and taking risks by not trying to fix assumed disability-related problems; instead, sit down, be quiet, and listen.
- **Recognize people for who they are:** Be aware that viewing people with disabilities as inspiring just for living their lives can make them feel othered. The disability community does not pity their diagnosis, rather they suffer from outdated myths, stereotypes and constant ableism around them. They don’t need pity.
- **Respect individual experiences:** Recognizing and acknowledging that every person is different is vital in supporting the disability community. In addition, displaying empathy for a variety of ways disabilities are experienced exhibits respect.

[Please visit the Columbia University Office of Academic Affairs & Diversity to read the full article.](#)

Related Resources:

- [A list of famous scientists with disabilities](#) (Zdnet)
- [What is Disability Pride?](#) (Easterseals)
- [Guidelines for Writing About People with Disabilities](#) (ADA National Network)
- [People First Language and More](#) (Disability Natural)
- [Qi Creative Success Coaching for Special Needs: Disability Pride Month](#) (D. Eckl, July 22, 2020).
- [Unpacking Disability: Be A Disability Ally! 8 Tips on Being a Disability Ally.](#) (M. Nichols, August 29, 2019).
- [Non-apparent disability vs. Hidden or Invisible disability](#)

Previously Released MIHP Updates

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

Bi-Weekly Update Topic Submission

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

MDHHS Publications

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

Coordinator Directory

[Please click here to access the most recent Coordinator Directory.](#)

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