

## MIHP Biweekly Update

November 6, 2023



### Maternal Infant Health Program

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## Children's Product Safety Guide with Visuals

Kids In Danger (KID) was founded in 1998 by the parents of sixteen-month-old Danny Keysar, who died when a portable crib collapsed around his neck in his Chicago childcare home. KID made a helpful product safety guide ([KID Product Safety Guide](#)) showing pictures of dangerous and recalled products. It can be used as a safety resource from birth through childhood.

Please consider this resource when working with families to help spread awareness and keep kids safe. To order additional copies, please contact [Email@KidsInDanger.org](mailto:Email@KidsInDanger.org). Additional safety resources can be found at [www.KidsInDanger.org](http://www.KidsInDanger.org).

## Pregnancy+ App

The Pregnancy+ app, which has been highlighted in bi-weekly emails throughout 2023, is the preferred application by MDHHS Maternal Infant Health Program. Pregnancy+ is located on the MIHP website [Parent/Family Resources \(michigan.gov\)](#) on the approved list of phone applications (apps). It is free for smart devices. The app provides pregnancy tracking, articles, and support to pregnant people and their families. Pregnancy+ can be downloaded on Apple and Android devices.

For users who live in Michigan and are enrolled in Medicaid, the app provides Michigan-specific resources and links to further support. The app was tailored to make it easier to access programs such as home visiting, immunizations, mental health information and more. It is also available under [Education & Information for Families \(michigan.gov\)](#).

Additional information on the Pregnancy+ app can be found here: [Pregnancy+ \(EN\) - Philips \(philips-digital.com\)](#).

## November 2023 COP Reminder

The November Community of Practice webinar will be on Wednesday, November 8<sup>th</sup> from 1:00pm - 2:30pm. Emily Norrix and Heather Beavers from the MDHHS Oral Health Unit will share information about perinatal and infant oral health care. Resources available throughout the state will also be discussed.

If you haven't already registered, please use the following link: [November COP Webinar](#)



## Learning Resources

## 2024 Michigan Home Visiting Conference



The Michigan Home Visiting Conference will once again be in-person for the first time since 2019 and we are excited to provide you with our Call for Presentations. We are looking for amazing presenters to share their superpowers and gifts with the Home Visiting System in Michigan. Take a look at the link below and consider submitting your ideas or send to someone who would be interested in presenting.

**Submissions are due by November 17<sup>th</sup>.**

Click on the link to view and complete the [2024 Michigan Home Visiting Initiative Conference - Call for Presentations \(jotform.com\)](https://www.jotform.com)

The Michigan Home Visiting Conference will be held on **July 30 – August 1, 2024** in Grand Rapids, Michigan. Presentations should be engaging, energizing, and foster opportunities for new learning. The focus of the conference is: The Heart of the Matter: Connection, Reflection & Wellness Redefined. The conference is an opportunity for home visiting staff, administrators, supervisors, and parents to learn about the importance of well-being, building positive relationships, recognizing strengths in one another and the impact of family outcomes.

Please reach out to Corey Starmer via email at [cstarmer@mphi.org](mailto:cstarmer@mphi.org) if you have questions about the Call for Presentation application.

[2024 Michigan Home Visiting Conference Save the Date](#)



Michigan Department of Health & Human Services

## FOR IMMEDIATE RELEASE: MDHHS reminds Michigan residents to take steps to prevent carbon monoxide poisoning

### Press Release

**FOR IMMEDIATE RELEASE:** Nov. 2, 2023

**CONTACT:** Lynn Sutfin, 517-241-2112, [Sutfin1@michigan.gov](mailto:Sutfin1@michigan.gov)

**MDHHS reminds Michigan residents to take steps to prevent carbon monoxide poisoning** *Families urged to check fuel burning appliances, install carbon monoxide detectors as they turn back clocks for daylight saving time change*

LANSING, Mich. – The Michigan Department of Health and Human Services (MDHHS) urges Michigan residents to prevent carbon monoxide (CO) poisoning by installing CO detectors and making sure fuel burning appliances are properly working when turning back the clocks for the end of daylight saving time Sunday, Nov. 5.

CO is known as the "silent killer" as it is a colorless, odorless and tasteless poisonous gas. Most CO poisonings take place at home and are caused by items that are not properly installed, cared for or vented, including furnaces, water heaters, generators, gas grills, dryers, lanterns, space heaters, fireplaces, chimneys and gas stoves. CO is a gas that forms whenever a fossil fuel is burned (charcoal, wood, propane, gasoline, etc.).

"Carbon monoxide (CO) detectors save lives," said State Fire Marshal Kevin Sehlmeier. "It is imperative that you have a functioning CO detector on every level of your home, and near every sleeping area."

The Centers for Disease Control and Prevention reports that each year approximately 100,000 people across the country visit the emergency department for accidental CO poisoning. In 2020, the latest year that data are available from the MDHHS Michigan Environmental Public Health Tracking Program (MiTracking), there were 672 Michigan emergency department visits for CO poisoning.

CO poisoning can be prevented by practicing the safety tips listed below and knowing the symptoms of exposure. At high levels, CO can cause death within minutes. If you suspect you may be experiencing CO poisoning, or your CO detector alarm goes off, **go outside immediately for fresh air, and THEN call 911.**

"Symptoms of carbon monoxide exposure include headache, dizziness, fatigue, shortness of breath, confusion and nausea," said Dr. Natasha Bagdasarian, chief medical executive.

“If you think you have been exposed, it is important to get into an area with fresh air immediately and seek medical attention.”

To protect yourself and your family from CO, follow these safety tips:

- **Make sure you have working CO detectors.** Detectors on every level of your home, including the basement and near sleeping areas, are strongly recommended. Detectors can be purchased at most hardware and big box stores.
- **Change batteries every six months (fall and spring) and replace your CO detector every five years or according to manufacturer’s instructions.** Daylight saving time is a good time each year to replace the batteries in your CO detector and push the “Test” button to be sure it’s working properly.
- **Where you have fuel burning devices, use a CO detector.** Having a CO detector handy when using tents, cabins, RVs, and boats with enclosed cabins is a good safety practice.
- **Have your furnace or wood-burning stove inspected every year.** Hire a professional to make sure it is functionally sound and vents properly outside the home.
- **Generators should be run at a safe distance (at least 20 feet) from the home.** Never run a generator in the home, garage or right next to windows, doors or other enclosed spaces.
- **Never run a car in an enclosed space.** If a vehicle is running in the garage, the garage door must be fully open to allow harmful fumes to escape.
- **Never run a gasoline or propane heater or charcoal, gas or wood grill inside your home or in any enclosed space, including a garage.**

Visit [Michigan.gov/MiTracking](https://www.michigan.gov/MiTracking) for more information and data about CO poisoning.

- [Check CO detectors NR.pdf](#)



Michigan Department of Health & Human Services

## **FOR IMMEDIATE RELEASE: Governor Whitmer, MDHHS celebrate Family Caregiver Month**

### **Press Release**

**FOR IMMEDIATE RELEASE:** Nov. 2, 2023

**CONTACT:** Chelsea Wuth, 517-241-2112, [WuthC@michigan.gov](mailto:WuthC@michigan.gov)

#### **Governor Whitmer, MDHHS celebrate Family Caregiver Month**

Lansing, MI – In support of the state’s estimated 1.4 million family caregivers, Gov. Gretchen Whitmer has proclaimed November as [Family Caregiver Month](#). Family caregivers provide a broad range of assistance for older adults, service members, veterans, people with disabilities and those with serious and/or chronic health conditions.

Caregiving provides tremendous benefits to the health and well-being of others, and yet many family members don’t think of themselves as caregivers. The opportunity to provide care to a loved one can be rewarding and a source of connection that is often taken on without hesitation and it often requires sacrifice.

“Celebrating family caregivers enables all of us to raise awareness of family caregiver issues, highlight their efforts, promote caregiver education and increase support for family caregivers,” said Elizabeth Hertel, Michigan Department of Health and Human Services director.

“The majority of home-based care for older adults and persons with disabilities is provided by family members and friends,” said David LaLumia, executive director of the Area Agencies on Aging Association. “These caregivers voluntarily assume this responsibility often with little or no training or support.”

“The family caregiver performs one of the most personal and difficult jobs known to all of us,” said Michigan Commission on Services to the Aging chair Robert Schlueter. “Those who have performed this work really know how hard and important it is, and what value it brings their families. Without this workforce, our country would not have the capacity to care for its aging population. The commission joins the Governor in recognizing these loving and important caregivers.”

Resources for family caregivers such as support groups, toolkits and workshops are available through Area Agencies on Aging, the U.S. Department of Veterans Affairs, advocacy organizations and community-based services.

The National Caregiver Action Network provides these [ten tips for caregivers](#):

1. Seek support from other caregivers. You are not alone.
2. Take care of your own health so that you can be strong enough to take care of your loved one.
3. Accept offers of help and suggest specific things people can do to help you.
4. Learn how to communicate effectively with doctors.
5. Caregiving is hard work so take respite breaks often.
6. Watch out for signs of depression and don't delay getting professional help when you need it.
7. Be open to new technologies that can help you care for your loved one.
8. Organize medical information so it's up to date and easy to find.
9. Make sure legal documents are in order.
10. Give yourself credit for doing the best you can in one of the toughest jobs there is.

For more information on supporting caregivers, visit [Michigan.gov/agingservices](http://Michigan.gov/agingservices).

- [November Caregiver Month Press Release.pdf](#)

## November Awareness Months & Holidays for Cause

<a href="#">Native American Heritage Month</a>	November
<a href="#">Hunger &amp; Homelessness Awareness Week</a>	November 11-18
<a href="#">World Kindness Day</a>	November 12
<a href="#">Giving Tuesday</a>	November 28
<a href="#">Veterans Day</a>	November 11
<a href="#">Trans Day of Remembrance</a>	November 20



## November Is National Native American Heritage Month

### ***DID YOU KNOW...***

***Susan La Flesche Picotte  
was the first Native  
American to earn a  
medical degree in the US***

A pioneer spurred by injustice, Dr. Susan La Flesche was just a little girl on the Omaha reservation when she saw a white physician refuse the medical needs of a Native American woman. Witnessing this moved La Flesche to become a physician. In 1889, at the age of 24, La Flesche became the first Native American woman to earn a medical degree in the United States.



### **What does heritage have to do with health?**

Many Native Americans experience conditions and diseases of the bones, joints, muscles, and skin. National Native American Heritage Month is an opportunity to learn about these conditions and to share resources and information with your patients and community members. The [Indian Health Service](#) provides quality health care on reservations that helps American Indians and Alaska Natives take care of themselves and helps to strengthen future generations. [NIAMS](#) offers more than [40 Health Topics](#) with information related to symptoms, treatment, and tips for daily living.

### **Additional Resources**

- [Living with Lupus: Health Information Basics for You and Your Family](#)
- [Living with Arthritis: Health Information Basics for You and Your Family](#)
- [Systemic Lupus Erythematosus \(Lupus\)](#)
- [Rheumatoid Arthritis](#)
- [Scleroderma](#)
- [Bone Health and Osteoporosis](#)

You can order some materials about these and other topics for free by visiting the [NIAMS Publication Ordering System](#) or calling toll free at 877-226-4267 (for telecommunications support, dial 711). Many publications are available in [other languages](#) besides English, including Spanish, Chinese, Korean, and Vietnamese.



## Upcoming State of Michigan (SOM) Holidays

November 10  
November 23 and 24  
December 22 and 25  
December 29



### 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 [MIHP 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](mailto:MIHP@michigan.gov). For further assistance, contact the state office @ **1-833-MI4-MIHP (1-833-644-6447)**. Thank you.