



MDHHS Division of Environmental Health Programs

MIHP July Community of Practice



Agenda

- Introducing DEH
- Drinking Water from Private Residential Wells
- PFAS
- Eat Safe Fish
- Environmental Health Education for Health Care Providers



MDHHS Mission

MDHHS provides opportunities, services, and programs that promote a healthy, safe, and stable environment for residents to be self-sufficient.

MDHHS Vision

Develop and encourage measurable health, safety, and self-sufficiency outcomes that reduce and prevent risks, promote equity, foster healthy habits, and transform the health and human services system to improve the lives of Michigan families.

DEH Goal

Apply the best available science to end or prevent injury from environmental, chemical, and physical hazards, and promote equity for the people of Michigan.

Division of Environmental Health Programs

Addressing exposure to health hazards that may be found in:



Air



Community



Food



Home



Soil



Water

Drinking Water Education and Prevention

Private Residential Wells

Public Drinking Water Supply



City/Community
Residential Water

Private Drinking Water Supply



Shared Residential
Well Water



Private Residential
Well Water

Myth



OR

Fact



Over 1 million households in Michigan use a private residential well for their drinking water.

Fact!



Over 1 million households in Michigan use a private residential well for their drinking water.

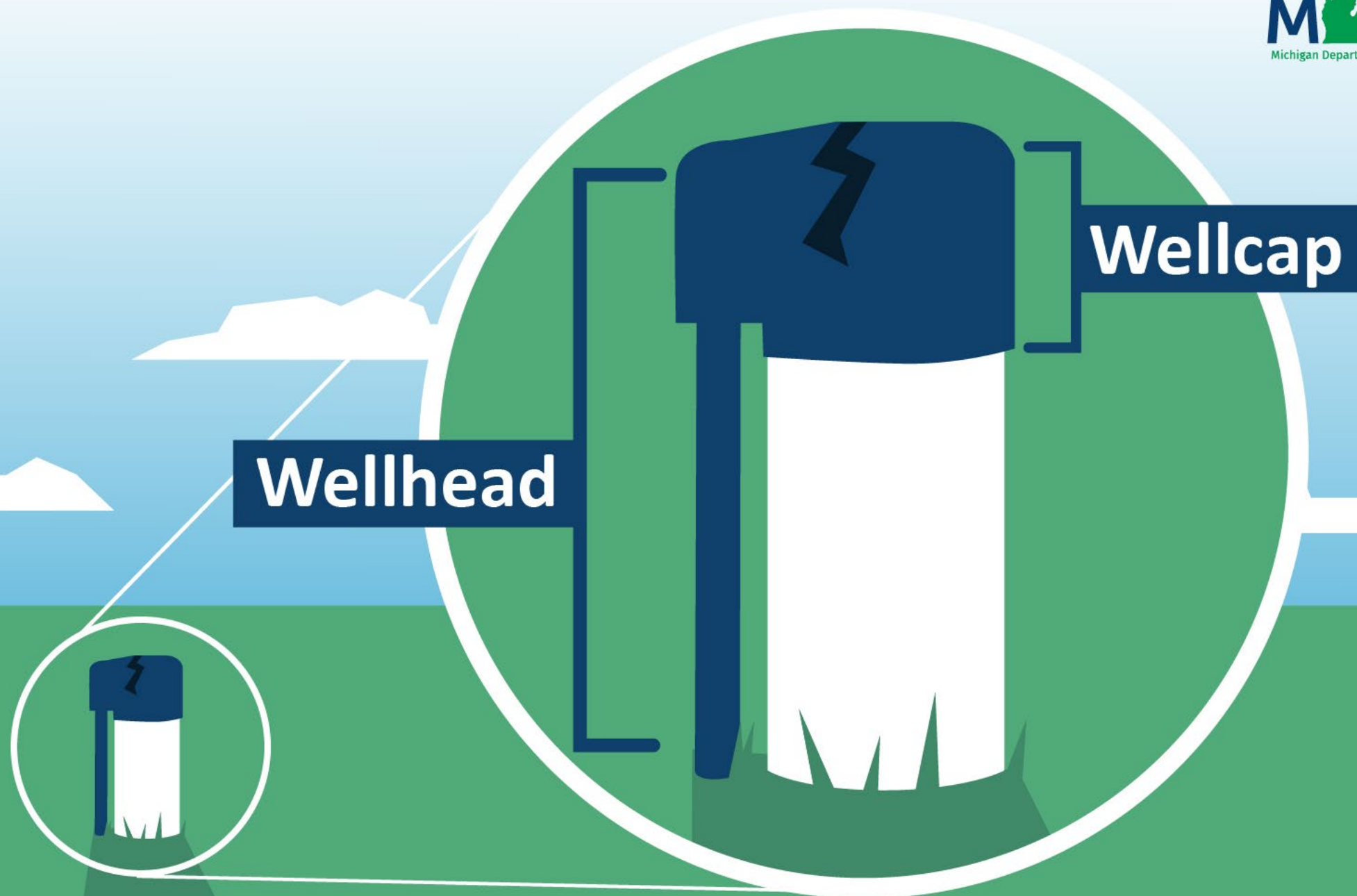
Private Well Water & Your Baby's Health



- The health of pregnant persons, infants, and young children may be more at risk from exposure to drinking water contaminants.
- Some contaminants can be passed from the mother to the fetus.
- There are simple ways to reduce you and your baby's exposure.



Maintaining your Private Well



Have your private residential well system inspected!

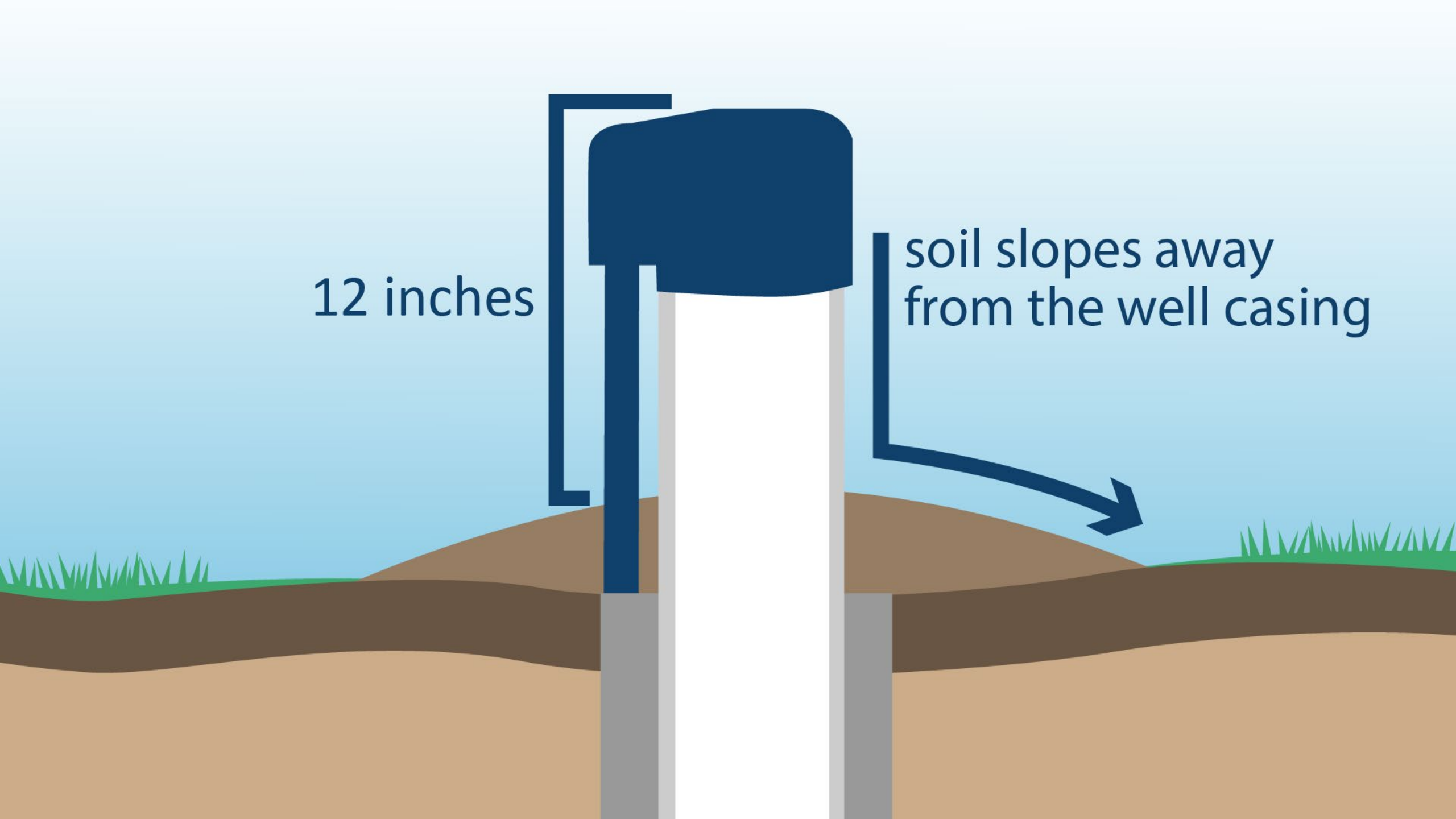


**Keep your
yard clean to
protect your
private residential
well water!**



**Store and apply lawn
products away from
your wellhead.**





12 inches

soil slopes away
from the well casing



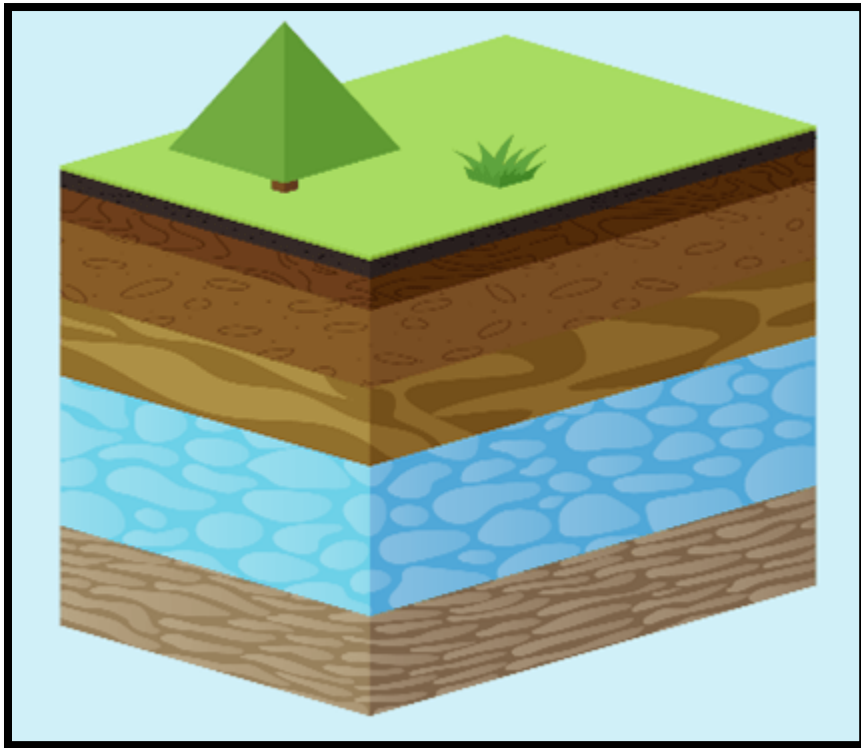


Testing the Water from your Private Well

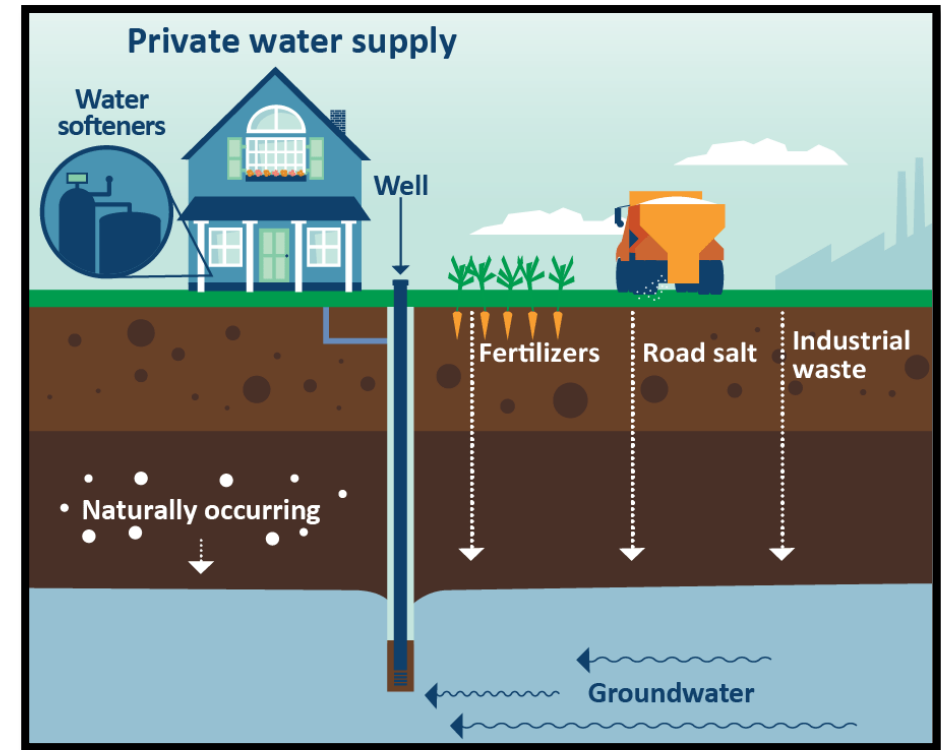


Drinking Water Contamination Exposure

Natural Sources



Human-Made Sources



Every Year

Coliform Bacteria and *E. coli*

Nitrate

Nitrite

Every 3 to 5 Years

Arsenic

Copper

Lead



**Be well water
healthy!**

**Get your private
residential well
water tested.**

Steps to Drinking Water Testing

1. Gather information

2. Find a certified lab

3. Follow sampling,
packaging, and
shipping instructions

Be Well Informed Tool

Be Well Informed Water Analysis Tool

Home | About

Be Well Informed

[Description](#) • [Source](#)

Have a well and wonder what testing results mean? Enter results to get feedback about concerns and water treatment. Select a participating location.

Michigan

Entry Resources Results

Enter the Results of Your Drinking Water Test

Routine Water Analysis

Arsenic	<input type="text"/>	mg/L	Chloride	<input type="text"/>	mg/L
Copper	<input type="text"/>	mg/L	Copper Stagnant	<input type="text"/>	mg/L
Fluoride	<input type="text"/>	mg/L	Hardness	<input type="text"/>	mg/L
Iron	<input type="text"/>	mg/L	Lead	<input type="text"/>	mg/L
Lead Stagnant	<input type="text"/>	mg/L	Manganese	<input type="text"/>	mg/L
Nitrate-N	<input type="text"/>	mg/L	Nitrite-N	<input type="text"/>	mg/L
Sodium	<input type="text"/>	mg/L	pH	<input type="text"/>	unit

Bacteria / Microbiology

Total Coliform	<input type="text"/>	CFU/100 m	E. coli	<input type="text"/>	CFU/100 m
<input type="radio"/> Present <input type="radio"/> Absent			<input type="radio"/> Present <input type="radio"/> Absent		

Radionuclides

Radon	<input type="text"/>	pCi/L	Uranium	<input type="text"/>	µg/L
Gross Alpha	<input type="text"/>	pCi/L			



Selecting the right home water filter or treatment option:

1. Test your drinking water
2. Consider several types of filters
3. Pay attention to certifications
4. Care for your water filter or treatment system



Work with your Local Health Department to learn about well construction applications, permits, and inspections.



GovDelivery Newsletter



1. Visit <https://bit.ly/Drinking-Water-Health-Newsletter>
2. Under the header “Population and Public Health”
3. Check “Drinking Water and Health”

Care for MiWell Promotion Toolkit



Care for MiWell: Pregnant Persons & Babies

Care for MiWell



Pregnant Persons and Families with Babies

If you have a well, it is important to ensure the water is clean and safe to drink. Even if the water looks clean and tastes OK, you should have it tested to be sure there aren't contaminants, such as chemicals or bacteria, in the drinking water. A fetus or baby's health can be put at risk due to contaminated drinking water.

By taking care of your well, testing your water and taking action to address any contamination, you can better protect your health and the health of your growing family.

It is important to test well water that is used for:

- Drinking.
- Cooking.
- Mixing infant formula.



Do you have a well and ...

- Are pregnant?
- Plan to become pregnant?
- Use infant formula?
- Plan to use infant formula?

Test your water to make sure it's safe before drinking it! **Follow these steps:**

1.



Learn

Learn how to take care of your well and how to maintain it to have safe water.

2.



Test

Test your well water. Learn what to test for.

3.



Understand

Learn what your test results mean. Address any concerns in your results.

For more information on how to follow the steps above, visit <https://bit.ly/CareforMiWell> or call 1-800-MI-TOXIC (1-800-648-6942).

To learn more about caring for your drinking water to protect your health, visit Michigan.gov/EnviroHealth.

Or use a smart phone camera and hover over the QR code to open it.

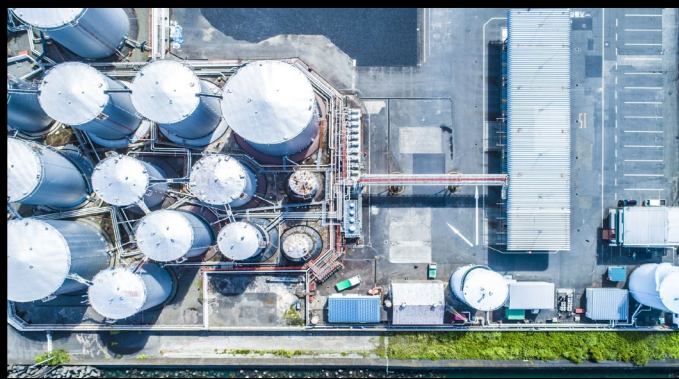


Care for MI Drinking Water Website Tour

PFAS Education and Prevention

Per- and Poly-fluoroalkyl Substances

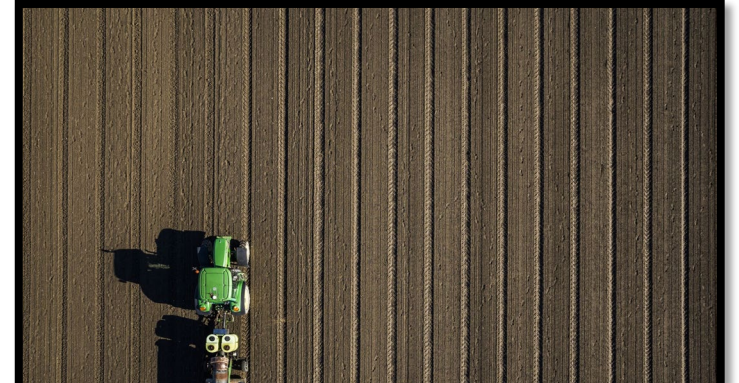
PFAS Sources



Manufacturing and Production



Industrial Waste



Land Application



Consumer Products



Some Firefighting Foam

PFAS Exposure



Swallowing



Absorbing through
the skin



Breathing it in

- **Reduce Exposure**

- ✓ Use a household products database
 - E.g. whatsinproducts.com
- ✓ Avoid foam on lakes, rivers, and other waterbodies
- ✓ Follow MDHHS Eat Safe Fish guidelines
 - [Michigan.gov/EatSafeFish](https://michigan.gov/EatSafeFish)
- ✓ Follow MDHHS Deer and Wildlife advisories
 - [Bit.ly/PFASWildlife](https://bit.ly/PFASWildlife)
- ✓ Test drinking water and use a certified PFAS-reducing water filter
- ✓ To view MPART PFAS sites visit **michigan.gov/PFASResponse**

PFAS Website Tour:

Michigan.gov/PFASResponse

Eat Safe Fish Program

Fish Consumption and Exposure



There are many benefits to eating fish.



However, some fish are better choices than others.



Chemicals released in the past may persist in the environment. These build up, or bioaccumulate, in fish through their food chain.



Chemicals of concern include PCBs, Mercury, Dioxin, PFAS, and pesticides.

Eat Safe Fish and Health



Get to know the 3Cs

1 Choose

This quiz will help you find the best way for you to choose your fish. Read each sentence and mark "Y" for true or "N" for false.

☐ Only eat fish caught in Michigan a few times each year.

☐ I'm 15 years old or older.

☐ I DON'T plan on having children in the next several years.

☐ I DON'T have health problems, like cancer or diabetes.

☐ I DON'T eat fish from a lake or river that has posted signs with "Do Not Eat" guidelines from MDCH.

IF ALL are TRUE for you:

You're at lower risk from chemicals in fish. The 3.Cs Quiz will help you choose fish to eat once in a while without worry!

IF ONE or MORE are FALSE:

You might be at higher risk. The Eat Safe Fish Guide will lead you to fish that are safer to eat on a regular basis.

The Eat Safe Fish Guide:

- lists fish species that have had filets tested for chemicals by MDCH.
- protects people who eat Michigan fish often.
- protects anyone who has health problems, is young, is pregnant, or is planning on having children in the future.

Need a GANAP? Call MDHHS at 1-800-648-6942 or visit www.michigan.gov/eatsafefish.

2 Clean

Cut away the fat along the back.

Cut away the fatty area along the side.

Cut away the belly fat.

Some chemicals, like PCBs and dioxins, collect in the fat of the fish.

When cleaning the fish, trim away any of the fat you can see. Remove and throw away the organs, too.

Careful cleaning can remove a lot of the chemicals from the fish.

3 Cook

Even after trimming away the fat that you can see on the fish, some fat will still be hidden inside the fish filets.

Poke holes in the skin or remove it completely so that fat can drip away from the fish filet as it cooks.

Cook your fish on a grill or on a broiler pan in the oven. Any fat left can now drip away from the fish through the grates.

If you cook your fish like this, you can get rid of even more of the chemicals that can be in the filet...except mercury, of course!

You can't remove mercury from fish by cleaning and cooking. Always choose your fish wisely!

IF ALL are TRUE for you:

You're at lower risk from chemicals in fish. The 3.Cs Quiz will help you choose fish to eat once in a while without worry!

IF ONE or MORE are FALSE:

You might be at higher risk. The Eat Safe Fish Guide will lead you to fish that are safer to eat on a regular basis.

The Eat Safe Fish Guide:

- lists fish species that have had filets tested for chemicals by MDCH.
- protects people who eat Michigan fish often.
- protects anyone who has health problems, is young, is pregnant, or is planning on having children in the future.

Need a GANAP? Call MDHHS at 1-800-648-6942 or visit www.michigan.gov/eatsafefish.

Eat 8!

A Guide to Help You Choose Fish Low in Mercury from Restaurants and Grocery Stores

EAT no more than... 8 points per month

High in heart-healthy omega-3 fatty acids

Is the fish you're buying caught in Michigan waters? If so, please check the *Eat Safe Fish Guide* for advice.

Per MI Serving 1 Point	Per MI Serving 2 Points	Per MI Serving 4 Points	Per MI Serving 8 Points
Anchovies Catfish (farm-raised) Crab Crawfish Flatfish (flounder, sole) Herring Mullet Oysters Perch (ocean or freshwater)	Cod Freshwater Drum (aka Sheephead) Jack Smelt Mahi Mahi Snapper Tuna (canned light)	Bass (sea, striped, rockfish) Bluefish Halibut Lobster Sablefish	Pollock (canned, frozen, fresh) Salmon Sardines Shrimp Squid Tilapia Trout (freshwater) Whitefish

Do not eat these fish: Shark, Swordfish, Tilefish, King Mackerel

Questions? Call MDHHS at 1-800-648-6942.

Great choices to go...You can cut the list out & take it with you!



Safe Fish for You and your family

Fish and shellfish can be part of a healthy diet.

Fish have protein, and some have heart-healthy omega-3 fats.

Omega-3s are good for healthy brain development in babies and children.

Breastfed babies can get omega-3s from breastmilk.

Some fish have mercury in them. Too much mercury is bad for your health.

Women who are or may become pregnant, breastfeeding moms and young children should eat fish that are low in mercury.

Find fish low in mercury on the back!

Choose one of the following options each week.

These fish are lower in mercury. You can eat up to 2 MI Servings a week of fish from this list.

Eat These 2 Times per Week

- Salmon*
- Shrimp
- Pollack
- Sardines*

-or-

These fish have more mercury. You can eat up to 1 MI Serving a week of fish from this list.

Eat These 1 Time per Week

- Cod
- Snapper
- Mahi Mahi
- Tuna (canned light)

Do NOT Eat

- Shark
- Tilefish
- Swordfish
- King Mackerel

*If you eat fish from Michigan lakes or rivers, use the Michigan Department of Community Health's Eat Safe Fish Guide.

+High in heart-healthy omega-3s.

What is a MI Serving?

For adults: One MI Serving is 6-8 ounces of fish (about the size of an adult's hand).

For children: One MI Serving is 2-4 ounces of fish (about the size of an adult's palm).

For more information or to get an Eat Safe Fish Guide, visit www.michigan.gov/eatsafefish, or call 1-800-648-6942.

MDCH is an equal opportunity provider and employer.

MDCH

Michigan Department of Community Health's Eat Safe Fish Guide

Some fish contain chemicals that can harm your health. To help you choose fish that are safer to eat from Michigan's lakes and rivers, MDCH tests fish filets from around the state. The *Eat Safe Fish Guide* lists the results of these tests.

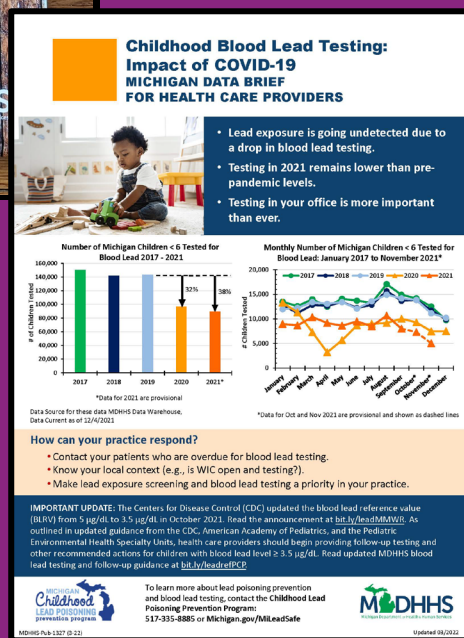
MDCH

Eat Safe Fish Website Tour:

Michigan.gov/EatSafeFish

Environmental Health Education for Health Care Providers

Environmental Health for Health Care Providers



- Data sharing
- Outreach to providers in training and in practice
- Continuing Education (CME, CNE)



Environmental Health Education
For Health Care Providers

Thank you!



Questions?

Ashley Mark

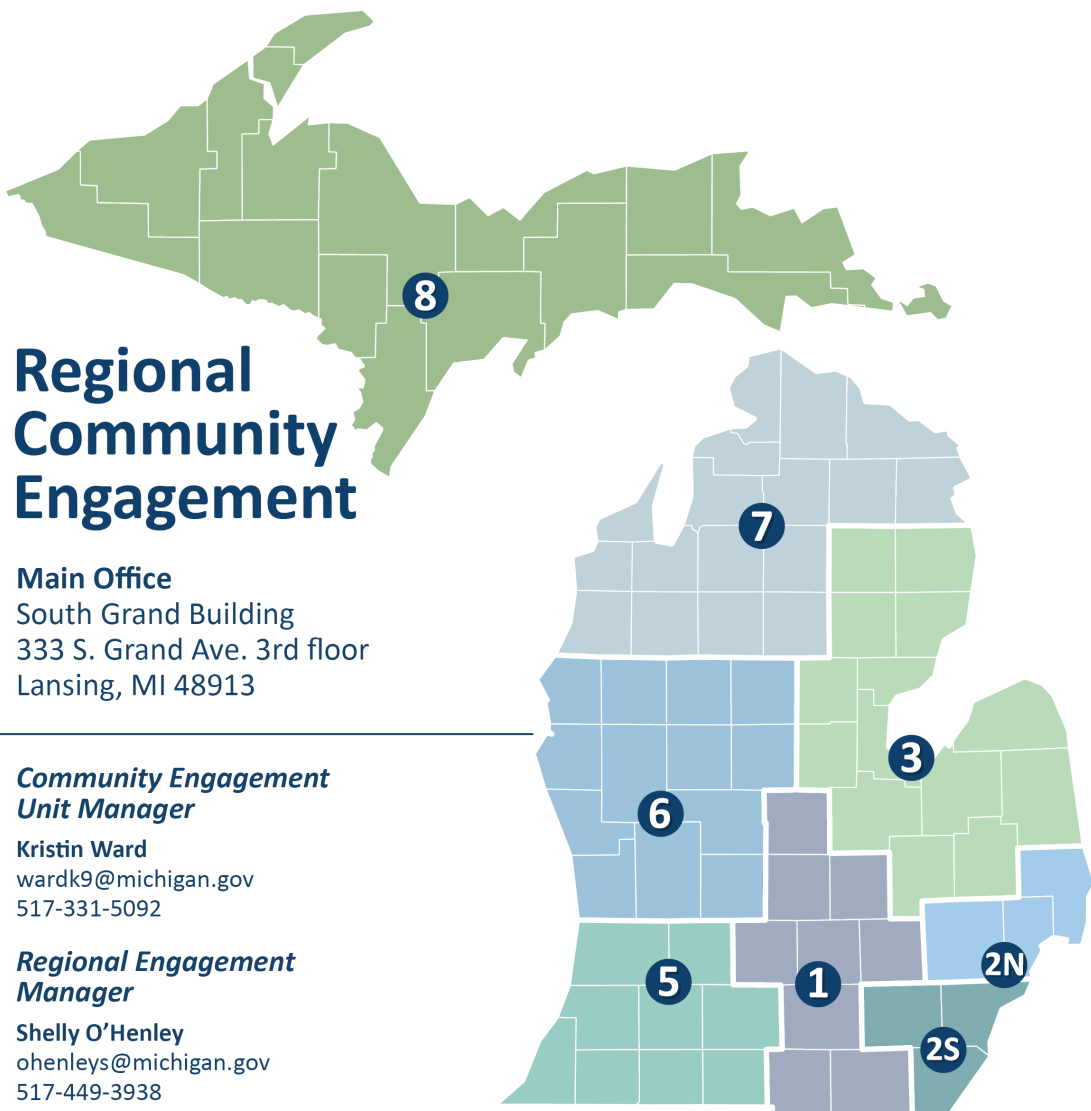
Regional Community Engagement
Coordinator

marka@michigan.gov

517-582-2877



[Michigan.gov/envirohealth](https://michigan.gov/envirohealth)



Ashley Mark
marka@michigan.gov
517-582-2877



Lauren Payton
paytonl1@michigan.gov
517-243-8787



Dorian Ballard
ballardd4@michigan.gov
517-449-6322



Vacant



Vacant



Brittany Pazdan
pazdanb1@michigan.gov
517-897-2926



Madelyn Slamka
slamkam@michigan.gov
517-243-7563



Trevor Quinlan
quinlant2@michigan.gov
517-243-5738