

# Milford Health

April 2014




**Public Health**  
Prevent. Promote. Protect.

## **Table of Contents**

April Health Observances.....	3
3 Days/ 3 Ways.....	4
Are you a Distracted Driver?.....	5
Get Vaccinated.....	6
Every Kid Healthy Week.....	7
Sexual Assault Awareness.....	8

## April Health Observances

		1 <a href="#"><u>Sexual Assault Awareness Month</u></a> <a href="#"><u>Day of Action</u></a> 				
6	7 <a href="#"><u>National Public Health Week (7-13)</u></a> <a href="#"><u>World Health Day</u></a> 	8	9	10 <a href="#"><u>National Alcohol Screening Day®</u></a> <a href="#"><u>National Youth HIV/AIDS Awareness Day</u></a>	11	12
13	14	15	16	17	18	19
20 <a href="#"><u>National Infertility Awareness Week (20-26)</u></a>	21 <a href="#"><u>Every Kid Healthy™ Week (21-25)</u></a> 	22	23 <a href="#"><u>World Immunization Week (23-30)</u></a>	24 <a href="#"><u>World Meningitis Day</u></a>	25	26 <a href="#"><u>National Infant Immunization Week (26-3)</u></a> 
27	28 <a href="#"><u>Air Quality Awareness Week (28-2)</u></a>	29	30			

## ***Monthly Health Observances***

[Alcohol Awareness Month](#)

[Irritable Bowel Syndrome Awareness Month](#)

[National Autism Awareness Month](#)

[National Child Abuse Prevention Month](#)

[National Distracted Driving Awareness Month](#)

[National Donate Life Month](#)

[National Facial Protection Month](#)

[National Minority Health Month](#)

[National Sarcoidosis Awareness Month](#)

[Occupational Therapy Month](#)

[Sexual Assault Awareness and Prevention Month](#)

[Sports Eye Safety Awareness Month](#)

[STI Awareness Month](#)

[Women's Eye Health and Safety Month](#)

## **3 Days/3 Ways**

Milford's 3 Days/3 Ways program is designed to get people prepared for any type of emergency. The message is simple: be ready to survive for a minimum of 3 days after a disaster. With a large disaster a community can go a long time without assistance so make sure to be prepared with these 3 easy steps:

- 1.) Make a plan
- 2.) Build a kit
- 3.) Get involved

Volunteer.

Strengthen the public health infrastructure of your community; join your local MRC today.

*medical  
reserve  
corps*



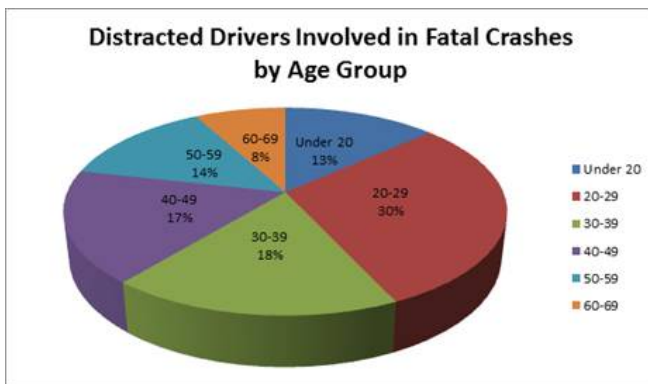
In you are interested in becoming an MRC member [click here](#) to learn more!

# Are you a Distracted Driver?

April is national distracted driving awareness month. According to the official US government website for distracted driving, “Distracted driving is any activity that could divert a person’s attention from the primary task of driving.” Any type of distraction puts the driver, passengers, and bystanders endanger. A few of the most common distractions include:



- Texting
- Using a cell phone or smart phone
- Eating and drinking
- Talking to passengers
- Grooming
- Reading (Including maps)
- Use a navigation system
- Adjusting the radio or any type of music



Due to the fact that text messaging requires visual, manual, and cognitive attention, texting has been found to be the most disturbing distraction. Every year thousands of innocent people die because people continue to use their cell phones while driving, whether it’s handheld or hands-free. The National Highway Traffic Safety Administration reports that, “In 2011, 3,331 people were killed in crashes involving a distracted driver, compared to 3,267 in 2010. An additional, 387,000 people were injured in motor vehicle crashes involving a distracted driver in 2011, compared to 416,000 people injured in 2010.” However, there is an under-reporting of driver cell phone use in crashes which contributes to an absence of data. This absence of data causes the threat of cell phone use to appear less substantial than it actually may be. It is recommended that you urge those you care about to:

- Stop using cell phones while driving
- Recognize that hands-free devices offer no safety benefit
- Understand the dangers of the cognitive distraction to the brain
- Inform people who call you while driving that you'd be happy to continue the conversation once they have reached their destination
- Tell others about the dangers of cell phone distracted driving

To learn more and take the pledge to drive cell free, [click here!](#)

## Get Vaccinated

April 23<sup>rd</sup> through the 30<sup>th</sup> is recognized worldwide as immunization week. In order to become immune to certain diseases we must either get vaccinated or become infected with the disease. Vaccinations work well, have few side effects, and are important to people of all ages due to their power to protect people against a range of serious and possibly fatal diseases.

Vaccinations have saved the lives of more than 3 million people worldwide each year and prevent millions of others from suffering from diseases and permanent disabilities.

It is especially important to get children vaccinated in order to protect them from vaccine-preventable diseases, such as measles, mumps, and whooping cough, as well as the very serious complications that can come along with them. Possible complications include hospitalization, amputation, brain damage, paralysis, meningitis, seizures, deafness, and even death. Even if the diseases are not present in the US, your children could easily pick up one of these diseases while traveling or from a traveler if not vaccinated. By not vaccinating your children, you are putting others at risk; this includes children who are too young to be vaccinated or cannot be due to a medical condition. In order to keep children healthy and protected from preventable diseases, getting your child vaccinated is the best way to do that.

Children are not the only ones who should get vaccinated; adults need their

vaccinations as well. Many adults may remember getting vaccinated as a child and believe that they no longer need to receive vaccinations. Nevertheless, some vaccines do not offer life long protection against certain diseases. As a result, many vaccines require a booster shot if you want to remain protected. Also, if you have never gotten vaccinated as a child, getting vaccinated now can be very beneficial to protect yourself and those around you. In some cases adults are actually required to get certain vaccines, whether it is for a job, for traveling, or even to go back to school. There are even vaccines solely meant for adults 60 years and older. The CDC also recommends

that everyone 6 months of age and older get a flu vaccine every year in order to protect yourself and others from the three or four strands of influenza that are anticipated to be the most commonly circulated in the upcoming flu season.



# Every Kid Healthy Week

April 21st through the 26<sup>th</sup> is recognized in schools across the country as Every Kid Healthy Week. This is a week that puts a spotlight on the obesity epidemic that is impacting children all throughout America. It is also an opportunity for the nation to get involved in finding solutions for this growing problem, such as sound nutrition, regular physical activity and health-promoting school programs.

This year, a total of 26,100 students, school staff and volunteers in 22 states across the country answered the call to action, participating in 50 school events during Every Kid Healthy Week. In fact, more than 100 family members came out to DC Prep's Benning Elementary Campus on April 11 to learn about the school garden, participate in a cooking and nutrition class held by a registered dietitian, and get a copy of



the school cookbook, which features student-created recipes that use ingredients from their garden. At the Harlan Community Academy High School teens also celebrated *Every Kid Healthy Week* by holding a FoodTASTIC Family Health Fair on April 23, featuring nutrition education, information from community organizations on health and wellness, cooking demonstrations, and much more. Participants worked up a sweat during an exercise demonstration led by Harlan alum and Chicago fitness expert Saran Dunmore, drank fruit smoothies made by members of the Harlan Student Wellness Team, and sampled local Chef Scott Allred's healthy sloppy joes, which incorporated low-fat turkey and vegetables. Children from Donelson Hills Elementary also took part in Every Kid

Healthy Week by hosting a "Get in the Game" all-star assembly starring Paws, the official mascot of the Detroit Tigers. Paws lead the students in baseball warm-ups and other activities, and encouraged them to take the *Fuel Up to Play 60* pledge to lead their school in making healthy changes. Students also participated in an additional 33 Get in the Action events throughout April and the surrounding months. Get in the Action is Action for Healthy Kids' national volunteer service initiative that empowers passionate volunteers to address the childhood obesity epidemic by participating in a day of service to make healthy, sustainable changes in schools.

If you would like to learn more about how you could bring events like these to a school near you, or even become a volunteer for Get in the Action, please visit <http://www.actionforhealthykids.org/index.php>.



# Sexual Assault Awareness

April is Sexual Assault Awareness Month. This is a month designated for raising public awareness about sexual violence and educating communities and individuals on how to prevent sexual violence.

According to the National Sexual Violence Resource Center, sexual violence is a term that includes rape, incest, child sexual abuse, intimate partner violence, sexual exploitation, human trafficking, unwanted sexual contact, sexual harassment, exposure, and voyeurism. Sexual violence occurs daily in our communities, schools, and workplaces when someone is forced or manipulated into unwanted sexual activity without their consent. However, sexual violence can be prevented by forming healthy and positive relationships that are based on respect, safety, and equality.

Statistics show that sexual violence is a very prominent issue. Studies performed by the CDC reveal that one in five women and one in 71 men will be raped at some point in their lives. Their studies also show that a majority of women who reported being raped at some point in their life (79.6%) experienced their first rape before the age of 25, and 42.2% experienced their first completed rape before the age of 18 years. Also, more than 25% of male victims in a national sample reported their first rape was when they were 10 years of age or younger. Still, rape is much more extensive than reported in statistics, and the majority of rapists are never placed under arrest.

Sexual violence is thought to be due to traditional gender roles, power imbalances, and victim-blaming. However, you can play a role in changing these underlying norms and help prevent further cases of sexual violence. Here is how you can help:

- Be a role model for respectful behavior to those around you.
- Talk with your children about healthy sexual development and personal boundaries.
- Intervene and speak up when you see inappropriate behavior. To better equip yourself in these situations, practice what you might say or do.
- Talk to someone from your local sexual assault center for more information. Invite them to speak in your schools, faith communities or workplaces.
- Learn more about sexual violence and share information with others.
- Learn about reporting suspected child abuse. Know what to do if you or someone you know suspects a child may be being abused

To learn more about sexual violence and what you can do to help, [click here](#).



**IT'S TIME ... TO TALK ABOUT IT!**  
Talk early, talk often. Prevent sexual violence.

