American Heart Month:

So did you make a New Years resolution or goal? Did it surround being heart healthy? Did it include exercise, nutrition, sleep, or smoking cessation? Well if you made it through January, here is a little help for February which is American Heart Month.

All of the things mentioned above play into being heart healthy. Lapeer County has all kinds of things that will support your heart healthy goals. Here are just a few you could tap into to assist in developing healthy life-styles for you and your family.

Lapeer Resources to help with Heart Health:

- **Lapeer Community Center** has lots of ways to have fun and improve fitness for families visit: [https://www.ci.lapeer.mi.us/parks_and_recreation/community_center/index.php](https://www.ci.lapeer.mi.us/parks_and_recreation/community_center/index.php)
- **Walking Club** at Lapeer Community Schools runs from November through March at Center for Innovation (Lapeer West High School) from 5:30 pm - 7:30 pm
- **MSU-extension** runs Sleep Education, Stress Reduction Education, gardening, among other classes that will assist with heart health. They are in a variety of formats visit their website at: [https://www.canr.msu.edu/lapeer/events?page=2&contentTypeOption=calendarEvent&tag=&tagUsage=or&siteContext=&hideHomePage=#results]
**Lapeer County Communicable Disease**

**What CD are we seeing locally:**
There were a total of 308 reportable communicable diseases in Lapeer County in January 2024. Of those there were 216 COVID-19 cases compared to 218 COVID-19 cases January in 2023. There was 1 COVID-19 death in January 2024 compared to 6 deaths in January 2023. The remaining 92 cases were primarily influenza/RSV (64) sexually transmitted infections (19) enteric infections (3), vaccine preventable (4) hepatitis (0) and other (2).

**Kindergarten Oral Health Assessment Program (KOHA)**
Early detection and treatment of dental problems can help children succeed in school. Dental pain has been documented as a significant source of missed school days. Dental infections can lead to heart problems and diabetes as well as problems with adult teeth. For these reasons the Michigan Department of Health and Human Services created the Kindergarten Oral Health Assessment Program. Children getting ready to enter kindergarten in Michigan are eligible to receive this Free service provided locally through the Lapeer County Health Department. A dental assessment is required for kindergarten entry. This can be completed either through the KOHA program or your private dentist. For more information you can go to the KOHA program website at https://www.michigan.gov/mdhhs/adult-child-serv/childrenfamilies/familyhealth/oralhealth/koha

**Data Shows at least 8,500 US Schools at greater risk of measles outbreaks as vaccination rates decline**
Measles is highly communicable and takes a herd immunity of 95% to protect the immunocompromised and unvaccinated. Because measles is so highly contagious, an unvaccinated person could walk into a store 90 minutes after a person with measles and could end up getting measles. Measles complications can be serious, as 1 in 5 people diagnosed are hospitalized and can develop: pneumonia, encephalitis, deafness or other permanent disability and death. Declining vaccinations rates could threaten herd immunity in the US. In Lapeer County, 74% of our 5 year old children are fully vaccinated against measles. That is 21% lower than the needed 95% for herd immunity.

There have been 9 measles cases in 2024 in Pennsylvania, New Jersey, Georgia, and Missouri. In 2023 there were 58 cases in the US in 20 states. The vast majority of cases are occurring in unvaccinated individuals. Meanwhile, the World Health Organization (WHO) indicates that Europe is experiencing an even larger outbreak with 42,200 cases in 2023 up from 941 cases in 2022. Globalization and travel is responsible for most of the outbreaks.

CBS News [https://www.youtube.com/watch?v=WPRybEbARSk](https://www.youtube.com/watch?v=WPRybEbARSk)  
CBC News [https://www.youtube.com/watch?v=PSk_ApKz9xE](https://www.youtube.com/watch?v=PSk_ApKz9xE)  
ABC News [https://www.youtube.com/watch?v=nQ_w-0Q6_e4](https://www.youtube.com/watch?v=nQ_w-0Q6_e4)

**DEPARTMENTS:**

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<th>Administrative Services</th>
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<tr>
<td>Environmental Health Services</td>
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<td>Public Health Nursing Services</td>
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