

HEALTH

TRI-COUNTY HEALTH AGENCY

Help available for pregnant moms who want to quit smoking

By The Hillsdale Daily News

HILLSDALE — The Branch-Hillsdale-St. Joseph Community Health Agency wants pregnant women to know that there is free help available for quitting smoking and tobacco use.



Burns

Smoking during pregnancy causes health harms for both the mother and the fetus. According to the U.S. Surgeon General, more than 100,000 babies have died in the last 50 years from Sudden Infant Death Syndrome, complications from prematurity, complications from low birth weight, and other pregnancy problems resulting from parental smoking.

Smoking also causes ectopic (tubal) pregnancy and impaired fertility, cleft lip and cleft palates in babies of women who smoke during early pregnancy.

In addition, women's disease risks from smoking have risen over the last 50 years and are now equal to men's for lung cancer, COPD, and cardiovascular diseases. The number of women dying from COPD now exceeds the number of men.

In Michigan, rates of smoking among pregnant women have risen over the past several years from 16 percent in 2008 to over 18 percent in 2014. Quitting smoking is difficult because the nicotine contained in cigarettes is very addictive, but there are resources available to help. While it is best to quit smoking before becoming pregnant, quitting smoking at any point during pregnancy is helpful in reducing health harms to the woman and fetus.

"We want women and health care providers to know that there is free help available for pregnant and postpartum women to make quitting smoking



The Branch-Hillsdale-St. Joseph Community Health Agency offers help to pregnant moms wanting to kick the habit. [COURTESY PHOTO]

during and after pregnancy easier," said Rebecca Burns, health officer.

The Michigan Tobacco Quitline is an evidence-based service that continues to provide free help with quitting smoking to all pregnant women regardless of insurance status.

The services available for pregnant women include more counseling sessions, incentives, and free nicotine replacement therapy if a woman has a prescription from her physician. Pregnant women can call the Quitline directly at 1-800-QUIT-NOW (1-800-784-8669), and health care providers can refer women to the Quitline using a fax referral form available at <https://michigan.quitlogix.org/>. Staff and providers in all health care settings can refer patients to the Quitline.

Pregnant women are eligible for five counseling sessions during pregnancy and four counseling sessions during the postpartum period. Pregnant women receive a welcome packet after their first call and are assigned to a counselor trained to offer counseling specific to pregnant women. Pregnant women

receive a rewards card for each call completed during pregnancy and the postpartum period.

"We encourage all health care providers to ask pregnant women about smoking at each visit during and after pregnancy, advise women to quit, and to refer women to the Michigan Tobacco Quitline if help is needed with quitting smoking," said Kelley Mapes, community health educator and tobacco treatment specialist. "Because nicotine is very addictive, people who smoke, including pregnant women who smoke, are best able to quit when they get help and support."

For more information, please contact Kelley Mapes at 517-279-9561 ext. 0103# or call the Michigan Tobacco Quitline at 1-800-QUIT-NOW (1-800-784-8669).

HILLSDALE COUNTY

Health department hands out 'Certificates of Excellence'

By Don Reid
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HILLSDALE — The Branch-Hillsdale-St. Joseph Community Health Agency recently announced the 2017 "Certificates of Excellence" in food service.

Those establishments issued certificates met stringent criteria throughout the year. Specifically the facility must have had no priority or priority foundation items and no more than three core items cited during their onsite inspection.

"Priority items and priority foundation items are essential items that, if found to be in violation, could result in foodborne illnesses," said Paul Andriaachi, environmental health director. "Core items are non-priority or priority foundation items that relate to general sanitation and/or maintenance."

In addition the establishments must comply with the following criteria:

- The food service facility must employ a certified food safety manager, as required by Michigan law.
- The food service facility must be compliant with Michigan's smoke-free law.
- The food service facility must be at a fixed location and operate at least 12 days per month and perform food preparation at the facility.
- The food service facility cannot have been implicated in a foodborne illness

outbreak.

• The food service facility cannot have investigated and confirmed complaints lodged against them.

• The food service facility cannot have an enforcement action issued against them.

Food service inspections are normally performed twice a year. The environmental health division inspects all food service establishments in the tri-county area to ensure proper food handling and sanitation for food served to the public. Additionally, food service managers are offered food safety training by the department each year to train food service workers in proper food handling and preparation.

Hillsdale County establishments awarded certificates were:

CAMDEN

Camden - Frontier Schools
Camden Cafe

HILLSDALE

Bailey Elementary School
Cavoni's Community Action Agency
Davis Middle School
Domino's / KC Pizza
Gier Elementary School
Greenfield School - Hillsdale
Hillsdale County Senior Service Center
Hillsdale Filling Station
Hillsdale Hospital
House of Pizza
Hungry Howie's
Jilly Beans Coffee House
McDonald's
S&S Concession
Subway
Taco Bell #21039

The Finish Line
The Salvation Army
The Vanity Car Wash & Ice Cream

Jerome

Bundy Hill Diner

JONESVILLE

Jonesville High School
Jonesville Middle School
Main Street Pizza
McDonald's
S&S Concession
Subway
Williams Elementary School

LITCHFIELD

Cream Supreme
Litchfield Community School
Luigi's Pizza

MONTGOMERY

Stout Nesbit American Legion

NORTH ADAMS

North Adams Public School

PITTSFORD

Pittsford Area School

READING

Ray's Tavern
Reading High School
Reading Pizza Barn
Reynolds Elementary School

SOMERSET CENTER

Freddie's Freeze
Lil Peppi's Pizza

WALDRON

Waldron Area Schools
Waldron Friendly Tavern

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The Church of Choice publishes every Saturdays in the Hillsdale Daily News, and is sponsored by local area businesses.

Please email your current church information to:
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Current information consists of:
Name of Church, Address, Phone, E-mail address, Website, Hours of Operation, and a current photo of the church.
(we may have one on file).

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