# 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 to-



during pregnancy causes health harms for both the mother and the fetus. According to the

Smoking

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

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

Driver's License

Restoration

It's a Process...

We Can Help



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 Ouitline is an evidencebased service that continues to provide free help with quitting smoking to all pregnant women regardless of insurance sta-

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), health care providers can refer women to the Quitline using a fax referral available 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

"Friends....

Plead Guilty!"

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).

DROP OFF at the

CONTACT PERSON

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**TEAM NAME** 

ADDRESS

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**Gateway Shopper** 

and pick up your packet

Entry Fee. Make checks payable to Gateway Shopper.

HILLSDALE COUNTY

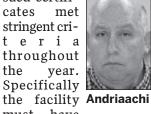
### Helath department hands out 'Certificates of Excellence'

By Don Reid dwreid@aol.com

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

Those establishment is-

sued certificates met stringent criteria throughout year. the Specifically



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
- The food service facility must be at a fixed location and operate at least 12 days per month and perform food preparation at the fa-
- 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

Food service inspections are normally performed twice a year. The environmental health division inspects all food service establishments in the tricounty 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 &

#### Jerome

Ice Cream

**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

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Waldron Area Schools Waldron Friendly Tav-



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### Please email your current church information to: asignor@hillsdale.net

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).