

Agenda Item	Discussion	Decision/Action/Goal	Assigned to	Due
Review/Approve minutes				
Review action items				
Presentation	<p>Presenter this month Karen Ripke, B.S., CHES Health Educator, District Health Department #10</p> <p>The title of the presentation is Tobacco Dependence Treatment and local resources.</p>			
	<p>Karen presented a power point presentation covering 2 grant programs that are active for smoker's in the DHD#10 area, one for smoking cessation and another for the low-dose CT for lung cancer screening.</p>			
	<p>Smoking rate for the State of Michigan is 21.4%, while Manistee County is 31%, so we have a clearly identified problem in our county.</p>			
	<p>Karen discussed the Michigan Tobacco Quitline (1-800-QUIT NOW) as available 24 hours a day to help counsel those patients ready to quit. 7-8 phone counseling sessions with an assigned counselor and access to on-demand counselor at any time, free nicotine replacement therapy (patch, gum, lozenges) for low income, will assist patients with insurance getting NRT through their carrier. Also has text messaging and online programs.</p>			
	<p>Another focus of the grant is for those women pregnant and smoking. Michigan rate for pregnant smokers is 19.8% and Manistee County is 38.2%. They will have 5 sessions prenatally and 4 post-partum. Moms to be can earn Visa gift cards for participating during their pregnancy</p>			
	<p>Fax forms and on-line sign-up can be obtained at https://michigan.quitlogix.org/</p>			

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	<p>Another resource for patients is the American Lung Association Freedom from Smoking, this is an online program (\$15-40) and/or classes at DHD#10 for \$50. Patients sign up online or through health department.</p> <p>Also, Karen and Holly Joseph have become certified Tobacco Treatment specialists and will be organizing classes; this is a billable service through insurance carriers. Both will be going through the Train a Trainer course and hope to train others in early 2017.</p>			
	<p>Lastly, Karen went over eCigarettes. There have been reported deaths of children and animals from ODing on the liquid nicotine in the eCigs. They are not FDA approved, marketed to children/youth, have varying levels of nicotine, may be carcinogenic and can cause poisonings if left around small children as scents and flavors are attractive. Not to be promoted as a way to quit!</p>	<p>Karen is available to speak to groups and has very interesting statistics and an engaging presentation. Her contact information is:</p> <p>Karen Ripke B.S., CHES Health Educator District Health Department #10 14485 Northland Dr. Big Rapids, MI 49307 231-305-8659 kripke@dhd10.org</p>		
Adjourn	The meeting was adjourned at 1:00 p.m.			
Next Meeting	February 17, 2016			