



Anne Arundel County Department of Health Community Health Announcements and News Releases January 2017



Visit the Anne Arundel County Department of Health's website, www.aahealth.org, for information about the Department's services and links to national, state and local resources. Follow the Department of Health on Twitter. Go to www.twitter.com/aahealth.

DENTAL HEALTH SERVICES

The Department of Health provides dental services by appointment to income-eligible children, young adults, expectant mothers and to adult participants in the county REACH program. Dental clinic locations are in Annapolis (3 Harry S. Truman Parkway, Annapolis, 410-222-7138) and in Glen Burnie (North County Health Building, 791 Aquahart Road, 410-222-6861). Services include teeth and gum cleaning, fluoride treatment, gum treatment, sealants, fillings, root canals, extractions, crowns, bridges, oral health education and dental health referrals.

DRUG AND ALCOHOL USE PREVENTION AND EDUCATION FOR COUNTY YOUTH

The Prevention and Education Services Program seeks to increase awareness of the extent and risks associated with drug and alcohol use among young people in Anne Arundel County. The program provides information, presentations, training and exhibits to county schools, after-school programs, community groups, faith-based programs and parent groups. For information, call 410-222-6724.

BEHAVIORAL HEALTH SERVICES FOR CHILDREN AND TEENS

The Department of Health provides outpatient mental health and substance abuse treatment for 4- to 18-year-old children and their families without private medical insurance. For mental health services, call 410-222-6785. For substance abuse services, call 410-222-6725.

BREAST AND CERVICAL CANCER SCREENING

The Department of Health provides free breast exams, mammograms and Pap tests to eligible female county residents ages 40 and over. For details, call 410-222-6180 or log on to www.LearnToLiveHealthy.org.

DENIALisDEADLY.ORG HAS FACTS AND RESOURCES ON OPIOID MISUSE

Visit www.DENIALisDEADLY.org for information about heroin and prescription narcotics. The website includes information on treatment resources, free Narcan opioid overdose response training and prescription drug disposal sites.

SUBSTANCE ABUSE TREATMENT SERVICES

Substance abuse assessment, referral and access to treatment services are available through the Department of Health. For details, call 410-222-0117. Narcan training and methadone and Suboxone maintenance services (for opiate-addicted adults) are available through the Adult Addiction Program. Call 410-222-0100.

SMOKING CESSATION

For free quit-smoking kits and information on free smoking cessation classes, Anne Arundel County residents can call the Learn To Live Line 410-222-7979, or visit www.MyQuitKit.org.

MEDICAL COVERAGE FOR FAMILIES

Do you need health insurance for your family? Medical Assistance for Families/MCHP provides comprehensive medical coverage to income-eligible families, children and pregnant women through managed care organizations (MCOs). For application information, call the Department of Health at 410-222-4792, or visit www.aahealth.org/mchp.

ADMINISTRATIVE CARE COORDINATION PROGRAM (ACC)

ACC provides services to clients who are enrolled in (or eligible for) Medical Assistance and HealthChoice to help them access health care. Short-term care coordination may be provided for certain groups. The Ombudsman investigates issues with managed care organizations. For more information, call ACC at 410-222-7541 or the Ombudsman at 410-222-4380.

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EMPLOYMENT OPPORTUNITIES

For current employment opportunities at the Anne Arundel County Department of Health, visit www.aahealth.org/jobs.

PRESCRIPTION SAVINGS PROGRAM

The Prescription Savings Program is for Anne Arundel County residents of any age and income. There is no cost to obtain the savings card. For more information, call 410-222-4531 or go to www.scriptsave.com and log in with Group #586.

BIRTH CERTIFICATES

The Department of Health can provide certified copies of Maryland birth certificates. Visit www.aahealth.org/birthcertificates or call 410-222-4462 for more information. The hours for the Birth Certificates Office are from 8 a.m. to noon and from 12:30 p.m. to 3:30 p.m., Monday through Friday, except for Maryland State holidays.

HEALTHY START

Healthy Start nurses and social workers meet with pregnant women and the parents of children up to age 2 to discuss pregnancy, childcare, child safety and community resources. For a Healthy Start nurse home visit, call 410-222-7177.

WOMEN, INFANTS AND CHILDREN (WIC)

The WIC supplemental nutrition program provides free nutritious foods, nutrition education, breastfeeding support and resource referrals for pregnant, breastfeeding and postpartum women, and to infants and children up to age 5. To qualify, county residents must meet income guidelines. Call 410-222-6797 or 410-222-0139 (Spanish), or visit www.aahealth.org/wic for more information.

CHILDREN'S IMMUNIZATIONS

Your baby needs immunizations at 2 months, 4 months, 6 months, and between 12 and 18 months. Boosters are given prior to entering kindergarten. Call your health care provider or the Department of Health at 410-222-4896 for details. Information on immunizations at area health centers for eligible children can be found at www.aahealth.org/immunizations.

FREE FLU SHOTS BY APPOINTMENT

The Department of Health offers free flu shots by appointment only. Call the following centers for an appointment: Glen Burnie Health Center, 416 A St. SW, Glen Burnie, 410-222-6633 and Parole Health Center, 1950 Drew St., Annapolis, 410-222-7247.

FOLLOW US ON PINTEREST!

Follow the Department of Health on Pinterest for delicious recipes, health tips and much more. Visit www.pinterest.com/aahealthdept.

MEDICAL ASSISTANCE TRANSPORTATION

The Department of Health provides medical transportation services for eligible Medical Assistance/HealthChoice clients. Individuals with a valid Maryland Medical Assistance/HealthChoice card and no means of public or private transportation may be eligible. For information, call 410-222-7152.

HIV/AIDS AND STD SERVICES

The Department of Health offers free, confidential testing and counseling for HIV, the virus that causes AIDS. Call one of these health centers for an appointment: Glen Burnie (410-222-6633) or Parole (410-222-7247). The Department also offers free HIV case management services. Call 410-222-7108 for more information. Follow HIV/AIDS Services on Twitter at www.twitter.com/hivxpressions.

Testing services for other sexually transmitted diseases are offered by the department. For more information, call 410-222-7382. Get a free Safe Sex Kit, which includes fact sheets, a condom case and a variety of condoms. To order a kit, go to www.aahealth.org/safesexkit.

HIV/AIDS WEEKLY SUPPORT GROUPS

The Department of Health offers support groups for HIV-positive men and women. Each group provides emotional, psychological and moral support. Individuals are encouraged to participate at their own comfort levels. Support groups are held at 1 Harry S. Truman Parkway in Annapolis. For information, call 410-222-7108.



FOR IMMEDIATE RELEASE

Ten Ways to Improve Your Health in 2017

The Anne Arundel County Department of Health provides 10 ways to improve your health in 2017.

- 1. Wash your hands.** Hand washing can significantly reduce the spread of infectious diseases.
- 2. Eat healthy foods.** Eat a varied diet that is high in fruit, vegetables, lean protein and whole grains, but low in sugars and saturated fats. Watch portion sizes and limit sugary or alcoholic beverages.
- 3. Get active.** Walking just two miles a day increases life expectancy. Increase your fitness level with a variety of activities that you enjoy and can do on a regular basis.
- 4. Don't smoke or spend time in smoky air.** Quitting smoking improves the quality and length of life. If you smoke, quit. If you can't do it alone, get help. Go to www.MyQuitKit.org.
- 5. See your doctor and dentist regularly.** Ask your doctor about what cancer screenings you should have for your age, sex and risk factors. Never put off medical care. Most diseases are easier to prevent or treat early.
- 6. Get immunized.** Childhood immunizations improve health and lifespan. Adult immunizations for flu and pneumococcal disease also work to prevent illness. Ask your doctor about vaccines for yourself and your children.
- 7. Drive safely.** Seat belts and child safety seats are priorities on the road. Never drive under the influence of alcohol or drugs.
- 8. Conquer addictions.** Anne Arundel County has a network of private substance abuse treatment providers who participate with the Department of Health in offering treatment services. There are also volunteer support groups throughout the county. For more information, call 410-222-0117.
- 9. Keep relationships healthy.** Build positive, long-term family and social relationships.
- 10. Get enough sleep.** For most adults, 7 to 8 hours a night is best.

For more information about improving your health, visit the Department of Health's websites at www.aahealth.org and www.LearnToLiveHealthy.org.

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December 29, 2016

Media Contact: Elin Jones, Public Information Director, 410-222-4508, hdjones@aacounty.org



Healthy Living From The Anne Arundel County Department Of Health

FOR IMMEDIATE RELEASE

**January is Cervical Health Awareness Month
Department of Health Offers Free Women's Health Kit With Exercise Band**

January is Cervical Health Awareness Month and is a reminder for women to talk to their health care providers and learn more about cervical cancer screening. The Anne Arundel County Department of Health's Learn To Live program is offering a free Women's Health Kit that has information on cancer screenings, heart disease prevention and healthy lifestyle choices. While supplies last, the kit will include an exercise band with instructions. Call the Learn To Live Line at 410-222-7979 or visit www.LearnToLiveHealthy.org to order a free Women's Health Kit.

On average each year, 210 Maryland women are diagnosed with cervical cancer. While the best overall defense against cervical cancer and the human papillomavirus (HPV), which can cause cervical cancer, is receiving HPV vaccination once middle school age, an adult woman's best defense is prevention screening. Women should get screened regularly starting at age 21. Cervical cancer risk factors include multiple sex partners and history of sexually transmitted disease.

Free Pap and HPV tests, which help detect cervical cancer, are offered to eligible Anne Arundel County women. Call the department's Breast and Cervical Cancer Screening Program at 410-222-6180 to get information on free well-woman screenings for cervical and breast cancers.

The Learn To Live program encourages county residents to reduce their risk of cancer and other serious illnesses by making healthy lifestyle choices. For more information, call 410-222-7979 or visit www.LearnToLiveHealthy.org.

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December 29, 2016

Media Contact: Wendy Mahan, Manager, Community Education and Health Equity,
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Healthy Living From The Anne Arundel County Department Of Health

FOR IMMEDIATE RELEASE

**Anne Arundel County Department of Health and Community Partners
Offer Free Local Quit-Smoking Classes**

When will you stop smoking? The Learn To Live program of the Anne Arundel County Department of Health, in partnership with local community medical providers and organizations, sponsors free quit-smoking classes for adults who live, work and attend school in the county.

The free classes include counseling and may include nicotine replacement therapy. Preregistration is required. The following local community partners offer quit-smoking classes:

- **Anne Arundel Community College**, 101 College Parkway, Arnold.
Classes are ongoing. Call 410-777-2480 or go to www.aacc.edu/healthservices.
- **Anne Arundel Medical Center**, Belcher Pavilion, 2000 Medical Parkway, Annapolis.
Call 443-481-5555 or visit www.aahs.org/events.
- **Baltimore Washington Medical Center**, 301 Hospital Drive, Glen Burnie.
Call 410-553-8103 or visit www.mybwmc.org. (Click on Community, then Smoking Cessation.)
- **Owensville Primary Care**, 134 Owensville Road, West River.
Call 410-867-4700 or visit www.owensvillepc.com.

For more information about the Department of Health's quit-smoking resources, including the popular "Your Roadmap to Quitting" self-help booklet, call the Learn To Live Line at 410-222-7979 or the Spanish Language Line at 410-222-4479. Materials can also be ordered or downloaded at www.MyQuitKit.org. The webpage provides information on other free resources, including the Maryland Tobacco Quitline's 24/7 phone and text services.

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FOR IMMEDIATE RELEASE

Kits and Online Class Provide Advice on Home Safety for Babies and Toddlers

The Anne Arundel County Department of Health offers free Healthy Babies and Healthy Pregnancy Kits that contain information about home safety for infants and toddlers. County residents can order the kits on the Department of Health's website, www.aahealthybabies.org, or by calling the department at 410-222-7223. A free online Home Safety class is also available at www.aahealthybabies.org. The Home Safety class certificate of completion provides one credit toward the Maryland Department of Education's Office of Child Care, Continuing Training Certificate.

The kits and class, which are helpful for parents, parents-to-be, grandparents and child care providers, include the following tips on preventing injuries and fatalities.

Poisoning

- Keep medicine and poisons out of sight and reach. Visit www.aahealth.org/MEDS.
- Put safety latches or locks on drawers and cabinets in kitchens, bathrooms and garages.
- Hide or securely cover trash cans. If there is a poisoning emergency, call the Maryland Poison Center at 1-800-222-1222.

Falls

- Use baby gates and window guards.
- Secure furniture and televisions so that they cannot tip over if pulled.

Burns

- Keep matches, lighters and lit candles out of reach.
- Keep your child away from hot surfaces such as stoves, fireplaces and heaters.
- Always check the water temperature before placing your child in a bath.

Injury Treatment

- Keep first aid kits in your home, car and diaper bag.
- Call your health care provider for injuries that need treatment.
- Call 911 if injuries are severe and for any head injuries.

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December 29, 2016

Media Contact: Elin Jones, Public Information Director, 410-222-4508, hdjones@aacounty.org



NEWS RELEASE

FOR IMMEDIATE RELEASE

Anne Arundel County Department of Health Provides In-School Vision and Hearing Screenings

Anne Arundel County Department of Health vision and hearing technicians and school nurses conduct mandated vision and hearing screenings in public schools for children in preschool, kindergarten, first and eighth grades, and for students new to Anne Arundel County schools. Special education students receiving speech therapy may also be recommended for screening. Department of Health vision and hearing technicians also administer vision and hearing screenings at private schools, nurseries and day care programs to ensure that the appropriate children are screened.

Children who wear glasses should bring them to school on the day of the screening.

Students in the following schools and programs will be screened in January:

January 3	J. Albert Adams Academy
January 4 and 5	High Point Elementary
January 6	Chesapeake Montessori School Magothy Cooperative Preschool Mayo Nursery School
January 9 and 10	Severna Park Middle
January 10	George Cromwell Elementary
January 11	MacArthur Middle
January 12	Rippling Woods Elementary
January 13	South Shore Elementary The Young School
January 17	School of the Incarnation

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Anne Arundel County Department of Health In-School Vision and Hearing Screenings

January 18	Annapolis Elementary Ridgeway Elementary
January 19	Crofton Meadows Elementary
January 20	Monsignor Slade Catholic School
January 24 and 25	Frank Hebron-Harman Elementary
January 26	Fort Smallwood Elementary Jones Elementary
January 27	Saint Martin's Lutheran School of Annapolis
January 30	Old Mill Middle North

Children are screened in order to detect vision or hearing problems that may impair a child's ability to perform successfully in school. If a potential deficiency is detected, a letter is sent to the parents or legal guardians informing them of the results. The parents are advised to contact the child's doctor for further testing and advice. For more information on the School Vision and Hearing Program, call Kim Roussey, vision and hearing technician supervisor, at 410-222-6838.

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