



A Day in the Life of Public Health

From the time you get up in the morning until you go to bed at night, public health is involved in your life. Let's walk through A Day in the Life of Public Health:

- When you got up this morning, you had to make food choices for breakfast. We provide you messages on healthy food choices.
- You have a yearning for that cigarette you are trying to give up. We work with the Michigan Tobacco Quit line to help you quit smoking.
- Hopefully, you brushed your teeth. We work with communities to fluoridate water supplies.
- You got in the car and buckled in your children, put the baby in the car seat, and buckled your own seatbelt. We encourage seat belt and booster seat use.
- You dropped the kids off at school, where they will interact with other children. All of them should have their mandated immunizations to protect them from diseases. We help provide immunizations.
- You go to work where most of your office workers seem to be sick. We encourage people to get the flu shot and we investigate disease outbreaks.
- You go to lunch at a local restaurant. Local health departments inspect food service facilities.
- You decide not to go back to work since everyone's sick anyway, and think you'll get that tattoo you've been dreaming about. We license tattoo artists.
- You decide to visit your grandma to show off your new tattoo. She's at a local nursing home facility. We license nursing homes.

- You pick the kids up from the after-school program. It's one of our model after-school programs that provide lots of physical activity and healthy snacks.
- You stop off at the grocery store where you see a friend selecting fresh fruits and produce. You know she's on WIC, the special nutrition program for women, infants and children. We administer the program.
- You go home and realize a raccoon bit your dog. You trap the raccoon and call animal control. Our department tests animals for rabies.
- You start to prepare dinner. You wash your fruits and vegetables and cook your meat thoroughly to help prevent contamination from E. coli bacteria. The State Laboratory analyzes food specimens during food borne illness outbreaks.
- After dinner you go for a walk and let the kids ride their bikes. We work with communities to provide safe sidewalks and bike trails to encourage physical activity, and we promote the use of bicycle helmets.
- In the spring and summer you make sure everyone has used insect repellent containing DEET to prevent mosquito bites. We investigate cases of West Nile virus caused by mosquito bites.
- Your children begin working on their homework. One has to prepare a report using health statistics. You go to the MDCH Website, which has numerous statistical resources.
- You put the baby to bed in a crib that meets current federal safety standards and is free of bumper pads so the baby cannot suffocate. You place the baby on its back, the safest position. We provide education on baby care and child safety.
- On the 11 o'clock news, you learn of a rare syphilis outbreak among young adults in the state. We investigate sexually transmitted diseases and work to prevent them from occurring.
- You go to bed with your spouse or significant other. And...well...we provide birth control education!

- Overnight during the winter, a blizzard hits your community. When you turn on the TV or radio the next morning, you hear messages warning about slips and falls and carbon monoxide poisoning. We provide those types of risk communications during a weather or public health event.

So indeed, public health is at work every day to keep Michigan residents healthy.