

Being Well

A Newsletter from the Partnership for Health & Disability

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Fall/Winter 2014

Welcome to Being Well, a quarterly newsletter from the Partnership for Health & Disability. Partners and interested others are encouraged to submit suggestions and articles for the newsletter to Candice Lee at LeeC@Michigan.gov and to forward it as they feel appropriate.



Pain and Chronic Conditions: New Perspectives

Our annual disability health conference will be held October 15, 2014 at the MSU Kellogg Center. "Pain and Chronic Conditions: New Perspectives," is a one day conference held in partnership with the Michigan Arthritis Program. Conference highlights include a framework for pain in the context of chronic health conditions, alternative approaches to pain management, and disparities in the treatment of chronic pain. Continuing Education credits are available. Space is limited, [register here](#).

Resources for Flu Season

It's flu season already! Many people with disabilities do not receive the flu shot - even if they visit their doctor during flu season - and people with mobility or neurological disabilities are more likely to develop complications from the flu. Getting the flu shot is an important part of staying healthy and independent through this fall and winter. Here are some resources you can use to remind people to get the facts - and get the shot.

The Centers for Disease Control and Prevention (CDC) offers free badges and banners for your website to promote immunization, and a wealth of other web tools, [here](#).

Flu near you - www.flunearyou.org - allows the user to enter his or her zip code, and learn about flu activity in the area, and where to get a flu shot.

Flu season will last well into the new year, so you can promote the flu shot for months to come. If you have any questions about these resources or are looking for more, contact Candice Lee at LeeC@Michigan.gov.

Tobacco and People with Developmental Disabilities

When it comes to tobacco use, people with intellectual or developmental disabilities are an under-served, under-studied population.

The Partnership for Health and Disability has created a webcast on this topic. This 20-minute webinar combines available research and resources for a brief primer on this rarely-addressed subject. [Access the presentation here](#).

September is Preparedness Month

People with disabilities or chronic health conditions may need to take some extra steps to be ready in the event of an emergency. Start now - make your plan at www.michigan.gov/prepares.

The Partnership for Health & Disability is funded by the Centers for Disease Control and Prevention, and designed to integrate people with disabilities into existing public health programs. This partnership is sponsored by the Michigan Department of Community Health, the Michigan Public Health Institute, and representatives from both the public health and disability communities. For more information, please write [Candice Lee](#).

Sincerely,
Candice Lee
Project Coordinator