

## **JANUARY: Safe Homes = Safe Families Month**

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### **Lead**

- Is Your Child Safe From Lead Poisoning?  
[http://mich.gov/documents/Brogan2002ProgramBrochure\\_71285\\_7.pdf](http://mich.gov/documents/Brogan2002ProgramBrochure_71285_7.pdf)
- Is Your Home Safe for Children?  
[http://www.mich.gov/documents/is\\_your\\_home\\_safe\\_139394\\_7.pdf](http://www.mich.gov/documents/is_your_home_safe_139394_7.pdf)
- ToxFacts for Lead  
<http://www.atsdr.cdc.gov/tfacts13.html>

### **Radon**

- A Citizen's Guide to Radon  
<http://www.epa.gov/radon/pubs/citguide.html#overview>
- EPA Map of Radon Zones: Michigan  
<http://www.epa.gov/radon/zonemap/michigan.htm>
- January is National Radon Prevention Month: Have You Tested Your Home for Radon?  
<http://www.deq.state.mi.us/documents/deq-whm-rpmw-ram2005.pdf>
- Where to Get a Radon Test Kit  
[http://www.michigan.gov/deq/0,1607,7-135-3310\\_4105\\_4196-52128--,00.html](http://www.michigan.gov/deq/0,1607,7-135-3310_4105_4196-52128--,00.html)

### **Water Testing**

- Michigan Department of Environmental Quality  
[http://www.michigan.gov/deq/0,1607,7-135-3313\\_3675---,00.html](http://www.michigan.gov/deq/0,1607,7-135-3313_3675---,00.html)
- Michigan State University/Ground Water Education in Michigan  
<http://www.gem.msu.edu/gw/wtr-test.html>
- U.S. Centers for Disease Control & Prevention/Division of Parasitic Diseases  
<http://www.cdc.gov/ncidod/dpd/healthywater/privatewell.htm>

## **FEBRUARY: Healthy Hearts Month**

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### **Blood Pressure/Cholesterol/Women and Heart Disease**

- American Heart Association  
[www.americanheart.org](http://www.americanheart.org)
- Centers for Disease Control and Prevention  
[www.cdc.gov/heartdisease](http://www.cdc.gov/heartdisease)
- Go Red for Women  
[www.goredforwomen.org](http://www.goredforwomen.org)
- Michigan Department of Community Health  
[www.michigan.gov/cvh](http://www.michigan.gov/cvh)

- National Heart, Lung, and Blood Institute  
[www.nhlbi.org](http://www.nhlbi.org)

### **Physical Activity and Nutrition**

- Michigan Steps Up  
[www.michiganstepsup.org](http://www.michiganstepsup.org)
- Governor's Council on Physical Fitness, Health and Sports  
[www.michiganfitness.org](http://www.michiganfitness.org)

## **MARCH: Healthy Beginnings Month**

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### **Birth Defects**

- CDC/National Center for Birth Defects & Developmental Disabilities  
[www.cdc.gov/ncbddd/](http://www.cdc.gov/ncbddd/)
- March of Dimes  
[www.marchofdimes.com](http://www.marchofdimes.com)
- National Birth Defects Prevention Month is January  
[www.marchofdimes.com/pnhec/4439\\_1206.asp](http://www.marchofdimes.com/pnhec/4439_1206.asp)
- Michigan Department of Community Health  
Children's Special Health Care Services  
[www.michigan.gov/mdch/0,1607,7-132-2942\\_4911\\_35698-15087--,00.html](http://www.michigan.gov/mdch/0,1607,7-132-2942_4911_35698-15087--,00.html)
- Family Phone Line  
(800) 359-3722
- Women, Infants, & Children (WIC) Nutrition Program  
[www.michigan.gov/mdch/0,1607,7-132-2942\\_4910\\_6329---,00.html](http://www.michigan.gov/mdch/0,1607,7-132-2942_4910_6329---,00.html)
- WIC Line  
(800) 26-BIRTH

### **Breastfeeding**

- Centers for Disease Control & Prevention  
[www.cdc.gov/breastfeeding/data/NIS\\_data/data\\_2004.htm](http://www.cdc.gov/breastfeeding/data/NIS_data/data_2004.htm)
- Michigan Department of Community Health  
[www.michigan.gov/mdch/0,1607,7-132-2942\\_4910\\_4919---,00.html](http://www.michigan.gov/mdch/0,1607,7-132-2942_4910_4919---,00.html)
- National Women's Health Information Center  
[www.4woman.gov/Breastfeeding/index.cfm?page=227](http://www.4woman.gov/Breastfeeding/index.cfm?page=227)

## **Child Passenger Safety**

- American Academy of Pediatrics  
[www.aap.org/family/carseatguide.htm](http://www.aap.org/family/carseatguide.htm)
- Centers for Disease Control & Prevention  
[www.cdc.gov/ncipc/fact\\_book/13\\_Child\\_Passenger\\_Safety](http://www.cdc.gov/ncipc/fact_book/13_Child_Passenger_Safety)
- National Highway Traffic Safety Administration  
[www.nhtsa.dot.gov](http://www.nhtsa.dot.gov)
- National Child Passenger Safety Week  
(Celebrated annually in February during the week that includes Valentine's Day)
- SafeKids  
[www.safekids.org](http://www.safekids.org)
- SeatCheck car seat inspection location service  
(866) SEATCHECK  
[www.seatcheck.org](http://www.seatcheck.org)

## **Family Planning**

- Michigan Department of Community Health  
Michigan Family Planning Program  
[http://www.michigan.gov/mdch/0,1607,7-132-2942\\_4911\\_4912\\_6216-12562--,00.html](http://www.michigan.gov/mdch/0,1607,7-132-2942_4911_4912_6216-12562--,00.html)
- Natality Statistics  
<http://www.mdch.state.mi.us/pha/osr/index.asp?id=2>

## **HIV/STDs**

- Michigan Department of Community Health  
[http://www.michigan.gov/mdch/0,1607,7-132-2940\\_2955\\_2982---,00.html](http://www.michigan.gov/mdch/0,1607,7-132-2940_2955_2982---,00.html)

## **WIC**

- Michigan Department of Community Health  
The WIC Program  
[http://www.michigan.gov/mdch/0,1607,7-132-2942\\_4910\\_6329---,00.html](http://www.michigan.gov/mdch/0,1607,7-132-2942_4910_6329---,00.html)  
(800) 26-BIRTH
- United States Department of Agriculture (USDA)  
Food & Nutrition Service  
<http://www.fns.usda.gov/wic/>

## **MAY: Summer Safety Month**

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### **Dehydration**

- Mayo Clinic  
<http://www.mayoclinic.com/health/exercise/HQ00316>
- Centers for Disease Control and Prevention  
[www.cdc.gov](http://www.cdc.gov)
- WebMD  
[www.webmd.com](http://www.webmd.com)

### **Fireworks**

- Consumer Product Safety Commission  
<http://www.cpsc.gov/cpsc/pub/pubs/012.html>

### **Helmet Safety**

- Safe Kids Michigan – Safety Tips  
<http://www.michigansafekids.org/safety.shtml>
- Centers for Disease Control and Prevention  
National Center for Injury Prevention & Control  
<http://www.cdc.gov/ncipc>
- American Red Cross – Summer Safety Tips  
<http://www.redcross.org/services/hss/sumsafety/>
- National Highway Traffic Safety Administration  
Bicycle & Pedestrian Safety Resource Guide  
<http://www.nhtsa.dot.gov/people/injury/pedbimot/bike/BikePedestrian/>

### **Sports and Playground Safety**

- Safe Kids Michigan – Safety Tips  
<http://www.michigansafekids.org/safety.shtml>
- Centers for Disease Control and Prevention  
National Center for Injury Prevention & Control  
<http://www.cdc.gov/ncipc>
- Playground Injuries: Fact Sheet  
<http://www.cdc.gov/ncipc/factsheets/playgr.htm>
- American Red Cross – Summer Safety Tips  
<http://www.redcross.org/services/hss/sumsafety/>

### **Summer Safety – General**

- Washtenaw County Public Health Department  
[http://www.ewashtenaw.org/government/departments/public\\_health/ph\\_hltpublic.html](http://www.ewashtenaw.org/government/departments/public_health/ph_hltpublic.html)

- Center for Disease Control and Prevention  
<http://www.cdc.gov/index.htm>
- Red Cross – Summer Safety Tips  
<http://www.redcross.org/services/hss/sumsafety/>

### **Water Safety**

- Centers for Disease Control and Prevention  
National Center for Injury Prevention & Control  
<http://www.cdc.gov/ncipc>
- Water-Related Injuries Fact Sheet  
<http://www.cdc.gov/ncipc/factsheets/drown.htm>
- American Red Cross – Summer Safety Tips  
<http://www.redcross.org/services/hss/sumsafety/>
- Safe Kids Michigan – Safety Tips  
<http://www.michigansafekids.org/safety.shtml>

## **June: Reduce Your Risk Month**

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### **Arthritis**

- Centers for Disease Control and Prevention  
<http://www.cdc.gov/arthritis>
- Arthritis Foundation  
800-568-4045  
<http://www.arthritis.org>
- American Academy of Pediatrics  
<http://www.aap.org/healthtopics/arthritis.cfm>
- American Juvenile Arthritis Organization  
[http://www.arthritis.org/communities/juvenile\\_arthritis/about\\_ajao.asp](http://www.arthritis.org/communities/juvenile_arthritis/about_ajao.asp)

### **Asthma**

- CDC/National Center for Environmental Health  
Division of Environmental Hazards and Health Effects  
1-800-CDC-INFO, [cdcinfo@cdc.gov](mailto:cdcinfo@cdc.gov)  
<http://www.cdc.gov/asthma>
- Allergy & Asthma Network – Mothers of Asthmatics  
1-800-878-4403  
<http://www.aanma.org/>
- Allies Against Asthma  
University of Michigan School of Public Health  
<http://asthma.umich.edu>

- American Lung Association  
<http://www.lungusa.org/site/pp.asp?c=dvLUK900E&b=33276>

### **Chronic Kidney Disease**

- National Kidney Foundation  
800-622-9010, 30 East 33<sup>rd</sup> Street, New York, NY 10016  
Internet <http://www.kidney.org/kidneyDisease/>
- National Kidney Foundation's "Eating Out With Confidence Guide"  
<http://www.kidney.org/atoz/atozItem.cfm?id=42>
- National Institutes of Health  
<http://www.nlm.nih.gov/medlineplus/kidneydiseases.html>
- National Kidney and Urologic Diseases Information Clearinghouse (NKUDIC)  
<http://kidney.niddk.nih.gov>

### **Diabetes**

- National Diabetes Education Program  
<http://www.cdc.gov/diabetes/ndep/index.htm>
- American Diabetes Association  
703-549-1500  
800-ADA-ORDER to order publications toll free  
800-342-2383 (800-DIABETES) for diabetes information  
<http://www.diabetes.org>
- American Dietetic Association  
800/366-1655 Consumer Nutrition Hotline  
<http://www.eatright.org/>
- Juvenile Diabetes Research Foundation  
800/JDF-CURE or 800/223-1138  
212/785-9595 (fax)  
<http://www.jdrf.org>
- National Diabetes Information Clearinghouse  
301/654-3327 (phone); 301/907-8906 (fax)  
<http://diabetes.niddk.nih.gov/index.htm>

## **July: Bats, Bugs and Bacteria Month**

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### **Foodborne Illness**

- Macomb County Health Department  
<http://www.macombcountymi.gov/PublicHealth/EH/FoodIllness.htm>
- CDC – Foodborne Illness General Information  
[http://www.cdc.gov/ncidod/dbmd/diseaseinfo/foodborneinfections\\_g.htm#mostcommon](http://www.cdc.gov/ncidod/dbmd/diseaseinfo/foodborneinfections_g.htm#mostcommon)

- USDA – National Agricultural Library  
[http://foodsafety.nal.usda.gov/nal\\_display/index.php?info\\_center=16&tax\\_level=1](http://foodsafety.nal.usda.gov/nal_display/index.php?info_center=16&tax_level=1)
- Monroe County Health Department  
<http://www.co.monroe.mi.us/monroe/default.aspx?PageId=677>

## **Lyme Disease**

- Michigan Department of Natural Resources  
Lyme Disease information  
[http://www.michigan.gov/dnr/0,1607,7-153-10370\\_12150\\_12220-26945--,00.html](http://www.michigan.gov/dnr/0,1607,7-153-10370_12150_12220-26945--,00.html)
- Michigan Department of Community Health  
About Lyme Disease  
<http://www.michigan.gov/emergingdiseases/0,1607,7-186-25890---,00.html>
- Michigan Lyme Disease Association  
<http://www.hvcn.org/info/mlda/>
- Centers for Disease Control and Prevention  
Learn about Lyme Disease  
<http://www.cdc.gov/ncidod/dvbid/lyme/index.htm>
- National Lyme Disease Foundation  
<http://www.lyme.org/>

## **Rabies**

- Department of Agriculture  
[http://www.michigan.gov/mda/0,1607,7-125-1566\\_2310\\_2324-12147--,00.html](http://www.michigan.gov/mda/0,1607,7-125-1566_2310_2324-12147--,00.html)  
[http://www.michigan.gov/mda/0,1607,7-125-1566\\_2310\\_2326-12150--,00.html](http://www.michigan.gov/mda/0,1607,7-125-1566_2310_2326-12150--,00.html)  
[http://www.michigan.gov/mda/0,1607,7-125-1566\\_2310\\_2326-11646--,00.html](http://www.michigan.gov/mda/0,1607,7-125-1566_2310_2326-11646--,00.html)
- Michigan Department of Community Health Rabies Brochure  
[http://www.michigan.gov/documents/rabiesbrochure\\_1\\_6884\\_7.pdf](http://www.michigan.gov/documents/rabiesbrochure_1_6884_7.pdf)

## **West Nile Virus**

- Michigan Department of Community Health –  
West Nile Virus  
<http://www.michigan.gov/emergingdiseases/0,1607,7-186-25805---,00.html>
- Michigan Department of Agriculture –  
West Nile Virus  
[http://www.michigan.gov/mda/0,1607,7-125-1566\\_2403\\_2424---,00.html](http://www.michigan.gov/mda/0,1607,7-125-1566_2403_2424---,00.html)
- Michigan Department of Environmental Quality  
[http://www.michigan.gov/deq/0,1607,7-125-1566\\_2310\\_8360---,00.html](http://www.michigan.gov/deq/0,1607,7-125-1566_2310_8360---,00.html)
- Centers for Disease Control and Prevention  
Fight the Bite!  
<http://www.cdc.gov/ncidod/dvbid/westnile/>

## August: Back-to-School Month

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### Head lice

- State of Michigan Head Lice Manual  
[http://www.michigan.gov/documents/Final\\_Michigan\\_Head\\_Lice\\_Manual\\_103750\\_7.pdf](http://www.michigan.gov/documents/Final_Michigan_Head_Lice_Manual_103750_7.pdf)
- CDC – Parasitic Disease Information  
Head Lice Infestation Fact Sheet  
<http://www.cdc.gov/ncidod/dpd/parasites/lice/>
- CDC – Parasitic Disease Information  
Treating Head Lice Infestation Fact Sheet  
[http://www.cdc.gov/ncidod/dpd/parasites/lice/factsht\\_head\\_lice\\_treating.htm](http://www.cdc.gov/ncidod/dpd/parasites/lice/factsht_head_lice_treating.htm)
- The National Pediculosis Association  
<http://www.headlice.org/>
- MedlinePlus – Head Lice  
<http://www.nlm.nih.gov/medlineplus/headlice.html>

### Healthy Eating and Physical Activity

- Michigan Steps Up  
[www.michiganstepsup.org](http://www.michiganstepsup.org)
- Governor’s Council on Physical Fitness, Health and Sports  
[www.michiganfitness.org](http://www.michiganfitness.org)
- Centers for Disease Control and Prevention  
*Physical Activity for Everyone: Introduction*  
<http://www.cdc.gov/nccdphp/dnpa/physical/index.htm>
- Centers for Disease Control and Prevention  
*Nutrition Topics*  
<http://www.cdc.gov/nccdphp/dnpa/nutrition/index.htm>
- Centers for Disease Control and Prevention  
*Healthy Schools Healthy Youth!*  
<http://www.cdc.gov/HealthyYouth/index.htm>
- United States Department of Agriculture  
*MyPyramid.gov*  
[www.MyPyramid.gov](http://www.MyPyramid.gov)

### Hearing Loss

- Michigan Department of Community Health  
*Early Hearing Detection and Intervention (EHDI) Program*  
[http://michigan.gov/mdch/0,1607,7-132-2942\\_4911\\_21429-55522--,00.html](http://michigan.gov/mdch/0,1607,7-132-2942_4911_21429-55522--,00.html)
- Centers for Disease Control and Prevention (CDC)  
*Learn the Signs. Act Early. Hearing Loss Fact Sheet*  
[http://www.cdc.gov/ncbddd/autism/ActEarly/hearing\\_loss.htm1](http://www.cdc.gov/ncbddd/autism/ActEarly/hearing_loss.htm1)



- E-Michigan Deaf and Hard of Hearing People  
<http://www.michdhh.org/index.html>
- Hearing Loss Association of Michigan  
<http://www.mi-shhh.org/>

### **Immunizations**

- Centers for Disease Control and Prevention  
Vaccines & Immunization  
<http://www.cdc.gov/node.do/id/0900f3ec8000e2f3>
- The American Academy of Pediatrics  
<http://www.aap.org/>
- The American Academy of Family Physicians  
<http://www.aafp.org/online/en/home.html>
- Michigan Care Improvement Registry  
<http://www.mcir.org/>

### **Meningitis**

- CDC's National Immunization Program  
[www.cdc.gov/nip](http://www.cdc.gov/nip)
- CDC's meningococcal disease website  
[www.cdc.gov/ncidod/dbmd/diseaseinfo/meningococcal\\_g.htm](http://www.cdc.gov/ncidod/dbmd/diseaseinfo/meningococcal_g.htm)
- CDC's Travelers Health  
[www.cdc.gov/travel](http://www.cdc.gov/travel)
- Meningitis Foundation of America  
<http://www.musa.org/>
- National Meningitis Foundation  
<http://www.nmaus.org/>

### **Vision Screening**

- Michigan Department of Community Health  
*Early Hearing Detection and Intervention (EHDI) Program*  
[http://michigan.gov/mdch/0,1607,7-132-2942\\_4911\\_21429-55522--,00.html](http://michigan.gov/mdch/0,1607,7-132-2942_4911_21429-55522--,00.html)
- Michigan Department of Community Health  
*Vision screening*  
[http://www.michigan.gov/mdch/0,1607,7-132-2942\\_4911\\_4912-12634--,00.html](http://www.michigan.gov/mdch/0,1607,7-132-2942_4911_4912-12634--,00.html)
- National Eye Institute.  
*Eye health organizations list*  
<http://www.nei.nih.gov/health/resourceAlpha.asp>

- Centers for Disease Control and Prevention  
*Learn the Signs. Act Early. Vision Loss Fact Sheet*  
[http://www.cdc.gov/ncbddd/autism/actearly/vision\\_loss.htm1](http://www.cdc.gov/ncbddd/autism/actearly/vision_loss.htm1)

## **September: Be Prepared...Protect Your Family Month**

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- Ready America  
<http://www.ready.gov/america/index.html>
- American Red Cross  
[http://www.redcross.org/preparedness/cdc\\_english/home.asp](http://www.redcross.org/preparedness/cdc_english/home.asp)
- Disaster Preparedness in Michigan  
<http://www.michigan.gov/michiganprepares>
- Federal Emergency Management Agency  
<http://www.fema.gov/pdf/library/f&web.pdf#search=%22food%20water%20in%20an%20emergency%22>
- Centers for Disease Control and Prevention  
Emergency Preparedness and Response  
<http://www.bt.cdc.gov/>

## **October: Cancer Prevention and Control Month**

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### **Breast Cancer**

- American Cancer Society  
[www.cancer.org](http://www.cancer.org)
- Centers for Disease Control and Prevention  
[www.cdc.gov/cancer/nbccedp/info-bc.htm](http://www.cdc.gov/cancer/nbccedp/info-bc.htm)
- Medicare  
[www.medicare.gov/health/mammography.asp](http://www.medicare.gov/health/mammography.asp)
- Michigan Cancer Consortium  
[www.michigancancer.org](http://www.michigancancer.org)
- Michigan Department of Community Health  
[www.michigan.gov/cancer](http://www.michigan.gov/cancer)
- National Cancer Institute  
[www.cancer.gov/cancertopics/types/breast](http://www.cancer.gov/cancertopics/types/breast)
- National Breast Cancer Awareness Month  
[www.nbcam.org](http://www.nbcam.org)
- Y-Me National Breast Cancer Organization  
[www.y-me.org](http://www.y-me.org)

## **Cervical Cancer**

- American Cancer Society  
[www.cancer.org](http://www.cancer.org)
- American Social Health Association  
[www.ashastd.org/hpv/hpv\\_overview.cfm](http://www.ashastd.org/hpv/hpv_overview.cfm)
- Centers for Disease Control and Prevention  
[www.cdc.gov/cancer/nbccedp/info-cc.htm](http://www.cdc.gov/cancer/nbccedp/info-cc.htm)
- Medicare  
[www.medicare.gov/Health/Cervical.asp](http://www.medicare.gov/Health/Cervical.asp)
- Michigan Cancer Consortium  
[www.michigancancer.org](http://www.michigancancer.org)
- National Cancer Institute  
[www.cancer.gov/cancer\\_information/cancer\\_type/cervical/](http://www.cancer.gov/cancer_information/cancer_type/cervical/)
- National Cervical Cancer Coalition  
[www.nccc-online.org](http://www.nccc-online.org)
- National Women’s Health Information Center  
[www.4woman.gov](http://www.4woman.gov)

## **Colorectal Cancer**

- American Cancer Society  
[www.cancer.org](http://www.cancer.org)
- Cancer Research and Prevention Foundation  
[www.preventcancer.org](http://www.preventcancer.org)
- Centers for Disease Control and Prevention  
[www.cdc.gov/cancer/screenforlife](http://www.cdc.gov/cancer/screenforlife)
- Colon Cancer Alliance  
[www.ccalliance.org](http://www.ccalliance.org)
- Michigan Cancer Consortium  
[www.michigancancer.org](http://www.michigancancer.org)
- National Cancer Institute – Colon and Rectal Cancer  
[www.cancer.gov/cancertopics/types/colon-and-rectal](http://www.cancer.gov/cancertopics/types/colon-and-rectal)
- National Colorectal Cancer Research Alliance  
[www.eifoundation.org/national/nccra/splash](http://www.eifoundation.org/national/nccra/splash)
- National Colorectal Cancer Roundtable  
[www.nccrt.org](http://www.nccrt.org)

## **Lung Cancer**

- Michigan Cancer Consortium  
[www.michigancancer.org](http://www.michigancancer.org)
- Michigan Steps Up  
[www.michiganstepsup.org](http://www.michiganstepsup.org)
- Smoke-Free Michigan  
[www.smokefreemichigan.org](http://www.smokefreemichigan.org)
- American Cancer Society  
[www.cancer.org](http://www.cancer.org)
- American Lung Association  
[www.lungusa.org](http://www.lungusa.org)
- Centers for Disease Control and Prevention  
[www.cdc.gov/tobacco](http://www.cdc.gov/tobacco)
- Lung Cancer Alliance  
[www.lungcanceralliance.org](http://www.lungcanceralliance.org)
- National Cancer Institute  
[www.cancer.gov/cancerinfo/tobacco](http://www.cancer.gov/cancerinfo/tobacco)

## **Prostate Cancer**

- American Cancer Society  
[www.cancer.org](http://www.cancer.org)
- American Foundation for Urologic Disease  
[www.afud.org](http://www.afud.org)
- Center for Prostate Disease Research  
[www.cpdr.org](http://www.cpdr.org)
- Centers for Disease Control and Prevention  
[www.cdc.gov/cancer/prostate](http://www.cdc.gov/cancer/prostate)
- Michigan Cancer Consortium  
[www.michigancancer.org](http://www.michigancancer.org)
- National Cancer Institute  
[www.cancer.gov/cancertopics/types/prostate](http://www.cancer.gov/cancertopics/types/prostate)
- National Prostate Cancer Coalition  
[www.pccoalition.org](http://www.pccoalition.org)
- Prostate Health  
[www.prostatehealth.com](http://www.prostatehealth.com)

## **November: Kick Butts' Month**

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### **Secondhand Smoke**

- Michigan Department of Community Health  
[http://www.michigan.gov/mdch/0,1607,7-132-2940\\_3182\\_22973---,00.html](http://www.michigan.gov/mdch/0,1607,7-132-2940_3182_22973---,00.html)
- Free Smoker's Quit Kit  
1-800-537-5666 to order
- Michigan Steps Up  
[www.michiganstepsup.org](http://www.michiganstepsup.org)
- American Cancer Society  
1-800-ACS-2345  
[www.cancer.org](http://www.cancer.org)

### **Smoking Cessation**

- Michigan Department of Community Health  
[http://www.michigan.gov/mdch/0,1607,7-132-2940\\_3182\\_22973---,00.html](http://www.michigan.gov/mdch/0,1607,7-132-2940_3182_22973---,00.html)  
1-800-480-7848
- Michigan Steps Up  
[www.michiganstepsup.org](http://www.michiganstepsup.org)
- American Cancer Society  
1-800-ACS-2345  
[www.cancer.org](http://www.cancer.org)
- American Lung Association  
<http://www.nicotine-anonymous.org>
- Quit for Life  
<http://www.freeclear.com/>
- Nicotine Anonymous  
<http://www.nicotine-anonymous.org/>

## **December: Stepping Up to Healthier You Month**

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### **Coping with Stress and Depression**

- National Mental Health Association  
<http://www.nmha.org>
- National Institute of Mental Health  
<http://www.nimh.nih.gov>
- "Depression: What Every Woman Should Know" Fact Sheet  
<http://www.nimh.nih.gov/publicat/depwomenknows.cfm>

- National Crisis and Suicide Website  
[www.suicidehotlines.com/Michigan.html](http://www.suicidehotlines.com/Michigan.html)

### **Making Healthy Choices**

- Michigan Steps Up  
[www.michiganstepsup.org](http://www.michiganstepsup.org)
- My Family Health Portrait  
[www.hhs.gov/familyhistory](http://www.hhs.gov/familyhistory)
- Michigan Tobacco QuitLine  
1-800-480-7848  
The Quit Line provides cessation services to Michigan residents who want to quit using tobacco. The Quit Line offers a personal health coach and participant toolkits to help tobacco users gain confidence and motivation they need to quit for good.
- Governor's Council on Physical Fitness, Health and Sports Endorsed Events in Michigan  
<http://www.michiganfitness.org/endorsements>

### **Stopping the Spread of Germs**

- Michigan Prepares Website  
[www.michigan.gov/michiganprepares](http://www.michigan.gov/michiganprepares)
- Centers for Disease Control & Prevention (CDC)  
Flu Information  
[www.cdc.gov/flu](http://www.cdc.gov/flu)
- *Fight Bac!* Keep Food Safe From Bacteria  
Partnership for Food Safety Education  
<http://www.fightbac.org/>

### **Substance Abuse**

- Michigan Substance Abuse Treatment Referral Line  
For information on treatment programs in your area  
1-888-736-0253
- Michigan Meth Watch Program  
<http://www.michiganmethwatch.org>
- Partnership For a Drug-Free America  
<http://www.drugfree.org>
- SAMHSA's Substance Abuse Treatment Facility Locator  
<http://findtreatment.samhsa.gov>