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Good Health for Home and Community

Michigan State University Extension Service

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Issued June 1944

8 pages

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# GOOD HEALTH

for Home and Community



Discussion Group  
Series 1

MICHIGAN STATE COLLEGE  
EXTENSION SERVICE  
EAST LANSING

Michigan State College and U. S. Department of Agriculture cooperating. R. J. Baldwin, Director, Extension Service, Printed and distributed under acts of Congress, May 8 and June 30, 1914.

## FOREWORD

Many organizations in Michigan have indicated an interest in forming discussion groups to study community, state, national, and world problems. Some organizations have made extensive use of this method of study.

The Extension Service of Michigan State College will issue a series of publications to assist discussion groups in their study of those problems which affect the public welfare. *Good Health for Home and Community* is the first of the series.

It is hoped that this, and similar bulletins, will help stimulate thinking to a point where communities will take action toward solving these problems.

R. J. BALDWIN,  
*Director of Extension Service*  
*Michigan State College*

# GOOD HEALTH FOR HOME AND COMMUNITY\*

*The public health is the foundation upon which reposes the happiness of the people and the strength of the nation—DISRAELI.*

Good health for all the people is receiving increasing attention as a local and national goal. Its importance as an asset both in peace and war is thoroughly recognized. Because of the lack of doctors under wartime conditions, it becomes essential to conserve this resource as well as our economic resources. Purpose of this bulletin is to aid communities in appraising their health situations and to encourage them to take steps to do something about the situation if it needs improvement.

Suggestions are offered in the bulletin for group discussion of a few definite health problems. Its purpose is not to cover all the aspects

## A. HEALTH RESOURCES OF THE COMMUNITY

### 1. WHAT RESOURCES ARE NOW AVAILABLE?

- a. What was your family health record for the past year?†

Member of family	Illness	Number work or school days missed	Cost
Father			
Mother			
Children (names)			
1.			
2.			
3.			
4.			
5.			

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†Adapted from *Family Health Plan*—Supplement 26, 1942. University of Nebraska Agricultural Extension Service, Lincoln.

of the subject. "Source" persons to aid in these discussions are available locally: health officers, public health nurses, physicians. The bulletin offers material for two or possibly more meetings, since some of the questions call for local facts. If only one meeting is planned, the necessary facts may be gathered by the leader ahead of time.

Which of these illnesses indicate either poor health habits or a condition that could have been prevented or checked by early treatment?

- b. (1) Did families in your community have the health care they needed last year? (Put a cross in each space if the answer is "Yes".)

	Could your family have these services?	Could every family have these services?
Dental care		
Maternal and infant care		
Treatment of communicable disease		
Care of physically handicapped		
Treatment in accident and emergency illness		
Surgical care		
Care of aged		

- (2) Score the services you have in your community. (Put a cross in the square which best represents the adequacy of care available. Connect these crosses with lines to show where the services are strong and where weak.)

	Dental care	Maternal and infant care	Treatment of communicable diseases	Care of physically handicapped	Treatment in accident and emergency illnesses	Surgical care	Care of aged
Excellent							
Good							
Average							
Fair							
Poor							
None							

c. List the health resources of your community as follows:

- (1) Make a spot map of your county showing (1) hospitals (number of beds), (2) clinics, (3) physicians and dentists serving the area. Encircle cities having a separate health department, listing population of those cities.
- (2) Personnel for private services.
  - (1) Doctors, by types, e. g., surgeons, child specialists, etc.
  - (2) Dentists
  - (3) Registered nurses
  - (4) Practical nurses and nurses' aides.
- (3) County or district health department.

	<i>Number</i>	<i>How appointed</i>
Health officers	.....	.....
Physicians	.....	.....
Dentists	.....	.....
Dental hygienists	.....	.....
Nurses		
Supervising	.....	.....
Staff	.....	.....
School	.....	.....

If part time, write "PT."

- (4) Are there any other local health resources?
 

What provision is there for bedside nursing care for the sick on a visiting nurse basis?
- (5) What state institutions are available outside your community for the care of the sick, the handicapped and afflicted? How is admission to these institutions secured?

## 2. HOW CAN THE HEALTH SERVICES OF YOUR COMMUNITY BE IMPROVED?

### a. Public health expenditures.\*

- (1) What is the annual county revenue from taxes in your county compared with the revenue in two neighboring counties?

Percentage distribution of public funds for	Your County	COUNTY	
		Neighbor I	Neighbor II
Health	.....	.....	.....
Education	.....	.....	.....
Highways	.....	.....	.....
Police protection	.....	.....	.....

- (2) What is your county spending on health compared with these two counties?

Annual appropriation from	Your County	COUNTY	
		Neighbor I	Neighbor II
Federal funds	.....	.....	.....
State funds	.....	.....	.....
Local funds	.....	.....	.....
Other funds	.....	.....	.....
Total	.....	.....	.....
Per capita expenditure	.....	.....	.....

- b. How have other communities met their health problems? Are you familiar with the Nebraska and other community health plans?

### References:

- Anderson, Elin L., "Nebraska's Extension Service on the Health Front," *Journal of Home Economics*, 35 (March 1943), 137-141.  
 Mullen, Eileen, "No Doctor Shortage Here," *Country Gentlemen*, 113 (Jan. 1943), 16, 68.  
 Streeter, Carroll P., "Sand Hills Medicine," *Farm Journal and Farmer's Wife*, 67 (Jan. 1943), 38-39.

\*Information can be obtained from county clerk.

**B. KEEPING HOME AND COMMUNITY FREE  
FROM COMMUNICABLE DISEASES**

1. What communicable diseases have you had lately?
2. What was done to stop their spread?
  - (a) In your homes
    - Are you teaching and practicing good health habits?
    - Handwashing before meals and after toilet?
    - Covering coughs and sneezes?
    - Plenty of rest and good food?
    - Keeping sick children home?
  - (b) In your schools
    - Are you teaching and practicing good health habits?
    - Are there good toilet and handwashing facilities?
    - Is there morning inspection by teacher when a communicable disease is present in the community?
    - Is there prompt exclusion of sick children?
  - (c) By the health department
    - Do you know and work with your health department?
    - If your community does not have a full-time health department, how can you get one?
3. How well is your community protected against smallpox, diphtheria and whooping cough?
  - (a) In your own family
    - Are both adults and children vaccinated against smallpox?
    - Have babies and younger children been given toxoid?
    - Have babies and younger children been immunized against whooping cough?
  - (b) In your neighbor's families
    - Are both adults and children vaccinated against smallpox?
    - Have babies and younger children been given toxoid?
    - Have babies and younger children been immunized against whooping cough?
  - (c) In three other families whom you know in your community
    - Are both adults and children vaccinated against smallpox?
    - Have babies and younger children been given toxoid?
    - Have babies and younger children been immunized against whooping cough?



4. Are you making use of the newer knowledge of:
  - (a) Measles—lessening the severity
  - (b) Pneumonia—calling physician promptly, use of sulfa drugs
  - (c) Undulant fever—Bangs-free cows
  - (d) Poliomyelitis—early application of newer methods of treatment
5. What is your community doing in tuberculosis control?
  - (a) Are the early cases being found?
  - (b) Is hospital care easily accessible to all?
  - (c) How is your seal sale money being spent?
6. What more can you do to keep your community free from communicable diseases?

*References:*

Circulars from Michigan Department of Health  
Diphtheria  
Measles  
Pneumonia  
Poliomyelitis  
The Sanitarium and You  
Smallpox  
Undulant Fever  
Whooping Cough