**CASE TRENDS**

**Michigan State Synopsis**
7 day average as of 10/19/21

<table>
<thead>
<tr>
<th>Rate of New COVID-19 Cases per 100,000</th>
<th>Change from Previous Week</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rate of New COVID-19 Hospital Admissions / 100 Beds</td>
<td></td>
</tr>
<tr>
<td>Rate of New COVID-19 Deaths per 100,000</td>
<td></td>
</tr>
<tr>
<td>Community Transmission Level</td>
<td></td>
</tr>
<tr>
<td>People Received at Least 1 Dose</td>
<td></td>
</tr>
<tr>
<td>People 18+ Received at Least 1 Dose</td>
<td></td>
</tr>
<tr>
<td>People Fully Vaccinated</td>
<td></td>
</tr>
<tr>
<td>People 18+ Fully Vaccinated</td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Area</th>
<th>New Daily Cases per 100,000 people</th>
</tr>
</thead>
<tbody>
<tr>
<td>Houghton County</td>
<td>52.7 new daily cases per 100,000 people</td>
</tr>
</tbody>
</table>

**RESEARCH STUDY OF THE WEEK**

Body Mass Index and Risk for COVID-19-Related Hospitalization, Intensive Care Unit Admission, Invasive Mechanical Ventilation, and Death - United States, March-December 2020

*Body Mass Index (BMI) Formula: weight (lb) / [height (in)]² x 703

**USEFUL RESOURCES**

- healthdata.gov
- coronavirus.jhu.edu

**PHYSICAL ACTIVITY BENEFIT OF THE WEEK**

Tai Chi is a meditative martial art that consists of gentle movements that strengthen the body, and relax the mind!

Zumba is a Latin-inspired dance workout that encourages participants to move to the beat of music with simple choreography!

**HOW TO FIND INFORMATION**

Reading an abstract of a research article is a lot like window shopping.

**USEFUL RESOURCES**

- Google
- NCBI
- PubMed
- HealthData.gov
- Michigan.gov
- CDC
- Western Upper Peninsula Health Department
- Copper Country Strong

**MTU COVID-19 TESTING HOURS**
Monday, Tuesday, Thursday: 9:00 AM to 11:45 PM
Located at the MUB on campus!

**COVID 19 - Town Hall Series**
Thursday October 28th @ 7PM
“A Healthy, Resilient Community”