

KIP COVID-19 Brief

October 18-22, 2021

CASE TRENDS

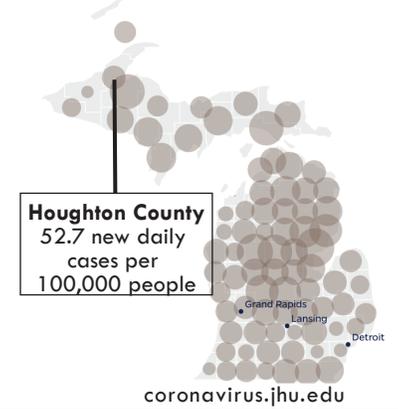
Michigan State Synopsis

7 day average as of 10/19/21

RATE OF NEW COVID-19 CASES PER 100,000
 NUCLEIC ACID AMPLIFICATION TEST (NAAT) POSITIVITY RATE
 NEW CONFIRMED COVID-19 HOSPITAL ADMISSIONS / 100 BEDS
 RATE OF NEW COVID-19 DEATHS PER 100,000
 COMMUNITY TRANSMISSION LEVEL
 PEOPLE RECEIVED AT LEAST 1 DOSE
 PEOPLE 18+ RECEIVED AT LEAST 1 DOSE
 PEOPLE FULLY VACCINATED
 PEOPLE 18+ FULLY VACCINATED

	LAST WEEK	CHANGE FROM PREVIOUS WEEK
	302	+2%
	9.0%	-0.3%
	9.0	+15%
	1.4	-11%
HIGH TRANSMISSION		
	5,734,144 people	57.4% of total pop.
	5,398,234 people	68.8% of 18+ pop.
	5,279,134 people	52.9% of total pop.
	4,980,908 people	63.5% of 18+ pop.

healthdata.gov

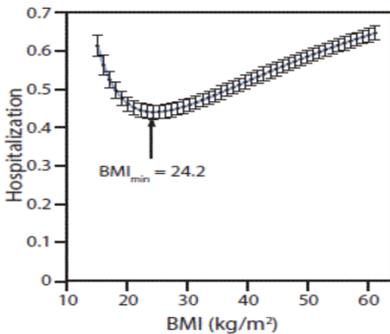


RESEARCH STUDY OF THE WEEK

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



BMI Formula: $\text{weight (lb)} / [\text{height (in)}]^2 \times 703$



WHO CLASSIFICATION OF WEIGHT STATUS	
WEIGHT STATUS	BODY MASS INDEX (BMI), kg/m ²
Underweight	<18.5
Normal range	18.5 – 24.9
Overweight	25.0 – 29.9
Obese	≥ 30
Obese class I	30.0 – 34.9
Obese class II	35.0 – 39.9
Obese class III	≥ 40

Kompanyjets et al.

PHYSICAL ACTIVITY BENEFIT OF THE WEEK

Check out some alternative ways to be physically active!

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

↑ Balance and Stability

↑ Cognitive Ability

↑ Quality of Life

↑ Back and Knee Pain



<https://www.nccih.nih.gov/health/tai-chi-and-qi-gong-in-depth>

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

ACSM Recommendation
300 Calories burned / workout

Zumba
369 Calories burned / workout

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3737860/>

Tune in to Up & Moving on Saturday, October 23rd at 10 AM for a Zumba workout!

<https://www.upandmoving.org/>



HOW TO FIND INFORMATION

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

The abstract will provide you with a glimpse of:



Abstract

A brief introduction on the topic

The purpose of the study

Results and discussion of findings

Like what you see? Then read the full text! Or in this example, buy the coat!



USEFUL RESOURCES

HealthData.gov

Michigan.gov

Western Upper Peninsula Health Department



To stay up-to-date on Michigan Tech's response, visit: mtu.edu/flex/

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"