



KANSAS  
MATERNAL &  
CHILD HEALTH

# FEBRUARY 2018

## FACEBOOK POSTS

### February 1

February is National Cancer Prevention Month. Here are 10 cancer prevention recommendations from the [American Institute for Cancer Research - AICR](http://www.aicr.org). Check out [www.aicr.org/.../what-you-.../understand-your-cancer-risks.html](http://www.aicr.org/.../what-you-.../understand-your-cancer-risks.html) to check out what factors increase or decrease your risk of cancer.



### February 4

Today is World Cancer Day. Take a life course approach to preventing cancer! ([www.worldcancerday.org](http://www.worldcancerday.org))



**February 7**

Today is National Girls and Women Sports Day! A healthy lifestyle includes physical activity. Sports are a great way to be active and have fun at the same time. Check out [www.ngwsd.org](http://www.ngwsd.org) for more information. For more resources on girls and women in sports check out: [www.womenssportsfoundation.org](http://www.womenssportsfoundation.org).



**February 9**

Deciding to breastfeed can give your baby the best possible start in life! Plus, it benefits the mother too! <https://www.healthychildren.org/.../breastfeeding/Pages/Why-B...>

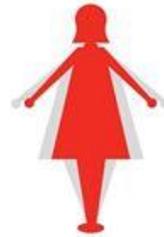
An infographic with a yellow and white color scheme. At the top left, there are four circular icons representing a baby, a mother, a child, and a family, with the text "THINK BIG. Start Small." and the website "www.thinkbigstartsmallks.com". The main title "BREASTFEEDING BENEFITS" is in large red letters. Below this, three columns of text describe the benefits: 1) "BREASTMILK REDUCES INFANTS' RISK OF INFECTION AND DISEASE" with an illustration of a crawling baby. 2) "PROVIDES IDEAL NUTRITION for babies and reduces risk for obesity later in life" with an illustration of a yellow bib with a white heart. 3) "MOMS WHO BREASTFEED have lower risk of health problems, like diabetes" with a thumbs-up icon and a row of colorful arrows. At the bottom, it states "BREASTFEEDING HAS BENEFITS FOR BABIES, PARENTS AND FAMILIES!".

## February 12

Diabetes, high blood pressure and high cholesterol are all some of the causes of heart disease. Physical activity and eating a healthy diet are ways to reduce the risk of diabetes, low blood pressure and high cholesterol. For more information and resources check out: [tinyurl.com/understand-diabetes](http://tinyurl.com/understand-diabetes), [tinyurl.com/understand-cholesterol](http://tinyurl.com/understand-cholesterol) and [tinyurl.com/understand-blood-pressure](http://tinyurl.com/understand-blood-pressure).

### DIABETES AND PREDIABETES

Carbohydrates are a great source of energy for our bodies – but if you eat too many at one time, your blood glucose may get too high. If your blood glucose stays too high for too long, it can lead to serious health problems like type 2 diabetes and heart disease. Common symptoms of high blood glucose are feeling tired, being thirsty, and urinating frequently.

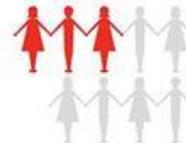


**10-15 LBS**  
IF YOU ARE OVERWEIGHT, MODEST WEIGHT LOSS AND REGULAR PHYSICAL ACTIVITY CAN REDUCE YOUR RISK OF DIABETES DRAMATICALLY.



A 12-OZ. CAN OF REGULAR SODA HAS 40 GRAMS OF CARBOHYDRATES, THE SAME AMOUNT IN **10 TEASPOONS OF SUGAR**

**AN ESTIMATED 25.4 MILLION** AMERICANS HAVE DIABETES. MORE THAN A THIRD OF THOSE PEOPLE HAVE NOT BEEN DIAGNOSED.



**Sources**  
• Diabetes Prevention Program Research Group. (2002). Reduction in the incidence of type 2 diabetes with lifestyle intervention in individuals. *New England Journal of Medicine*, 346(9), 913-921.  
• Department of Health and Human Services. (2008). *492 Health Facts: choose carbohydrates wisely!*  
• American Heart Association Statistics Committee and Stroke Statistics Subcommittee. (2012). Heart disease and stroke statistics—2012 update: a report from the American Heart Association. *Circulation*, 125, e42-e250.

HeartTruth.gov

### HIGH BLOOD PRESSURE

Blood pressure is the force of blood against the walls of arteries. High blood pressure (hypertension) increases your chance of heart disease, and is dangerous because it often has no symptoms. Prevent high blood pressure by reducing sodium (salt) intake, being active, and keeping a healthy weight.

CATEGORY	BLOOD PRESSURE LEVEL (mmHg)	
	SYSTOLIC	DIASTOLIC
NORMAL	less than 120	and less than 80
PREHYPERTENSION	120-139	or 80-89
STAGE 1 HYPERTENSION	140-159	or 90-99
STAGE 2 HYPERTENSION	160 or higher	or 100 or higher



**NEARLY 1 IN 3** AMERICAN WOMEN HAS HIGH BLOOD PRESSURE.



**CONSUME LESS THAN 1 TEASPOON (2,300 MG)** OF SODIUM A DAY, INCLUDING SODIUM FOUND IN PACKAGED OR PREPARED FOODS.

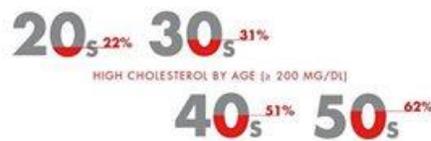
**Sources**  
• National Center for Health Statistics. (2007-2010). *National Health and Nutrition Examination Survey*.  
• Centers for Disease Control and Prevention. (2011). *Vital signs: prevalence, awareness, and control of hypertension—1999-2002 and 2005-2008. MMWR: Morbidity & Mortality Weekly Report* 60(4), 103-108.  
• National Heart, Lung, and Blood Institute. *National High Blood Pressure Education Program*. (2006). *The seventh report of the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure*.

HeartTruth.gov

### HIGH CHOLESTEROL

When there is too much cholesterol—a fat-like substance—in your blood, it builds up in the walls of your arteries and increases your risk of developing heart disease. Know your total cholesterol, your LDL (bad) cholesterol, and your HDL (good) cholesterol, and triglycerides. Make an appointment to get tested.

**TOTAL CHOLESTEROL NUMBERS**  
NOTE: CHOLESTEROL IS MEASURED IN MEGAGRAMS PER DECILITER (MG/DL)



**NEARLY 1 IN EVERY 2** AMERICAN WOMEN HAS HIGH OR BORDERLINE HIGH CHOLESTEROL.



**High Cholesterol**  
• National Center for Health Statistics. (2008-2010). *National Health and Nutrition Examination Survey*.  
• National Center for Health Statistics. (2007-2010). *National Health and Nutrition Examination Survey*.  
• National Center for Health Statistics. (2008-2010). *National Health and Nutrition Examination Survey*.  
• National Heart, Lung, and Blood Institute. *National Cholesterol Education Program (NCEP)*. *Third Report of the National Cholesterol Education Program (NCEP) Expert Panel on Detection, Evaluation, and Treatment of High Blood Cholesterol in Adults (ATPIII)*. (2001).

HeartTruth.gov

The Kansas team is attending the national Association of Maternal & Child Health Programs (AMCHP) conference in DC this week! We are so proud to announce our very own [Heather Moore Smith](#) received the Emerging MCH Professional Award for Region VII. Congratulations! We thank you for your dedication to Kansas children and families. #AMCHP18



## February 13

Being overweight increases your chances of developing heart disease. Celebrate American Heart Month by working physical activity and healthy eating into your life - your heart will thank you!

### BEING OVERWEIGHT OR OBESE

Reaching and maintaining a healthy weight is important for overall health and can help you prevent and control many diseases and conditions. About two-thirds of adults in the United States are overweight or obese. If you are overweight or obese, you are at higher risk of developing heart disease.

### KNOWING YOUR BMI (BODY MASS INDEX)

VISIT [NHEBSUPPORT.COM/BMI/](http://NHEBSUPPORT.COM/BMI/) TO FIND YOUR PERSONAL BMI.



### OVERWEIGHT/OBESITY BY AGE



### PORTION DISTORTION



#### Sources

1. National Center for Health Statistics. (2008). Checkbook on trends in the health of Americans.  
 2. Department of Agriculture. (2010). Shaping a healthier future for Americans.  
 3. National Center for Health Statistics. (2010, 2008). Behavioral Risk Factor Surveillance System.  
 4. National Heart, Lung, and Blood Institute. (2012). About diabetes. Retrieved from <http://diabetes.nhlbi.nih.gov/>  
 5. National Heart, Lung, and Blood Institute. (2012). About diabetes. Retrieved from <http://diabetes.nhlbi.nih.gov/>



## February 16

These practices can help lower the risk of sleep-related infant deaths, including sudden infant death syndrome (SIDS), accidental suffocation, and deaths from unknown causes. ([www.cdc.gov/vitalsigns/safesleep](http://www.cdc.gov/vitalsigns/safesleep))

**EVERY YEAR**  
THERE ARE THOUSANDS OF SLEEP-RELATED DEATHS AMONG BABIES.

**Vitalsigns**  
[www.cdc.gov/vitalsigns/safesleep](http://www.cdc.gov/vitalsigns/safesleep)

### 4 TIPS FOR PARENTS AND CAREGIVERS TO HELP BABY SLEEP SAFELY

- 1**

Place your baby on his or her back for all sleep times—naps and at night
- 2**

Use a firm sleep surface, such as a mattress in a safety-approved crib
- 3**

Keep soft objects, such as pillows and loose bedding out of baby's sleep area
- 4**

Have baby share your room, not your bed

SOURCES: Pediatrics, October 2010; Bureau of Census, Warner National Institute of Child Health and Human Development

February 19



## Cancer Prevention: Together We Can

Did you know that nearly half of all cancer can be prevented? Take action today to reduce your cancer risk. Find out how...

YOUTUBE.COM

February 21

Find resources for bullying prevention for parents, educators, youth, health departments, and community members to assess and prevent bullying at [www.stopbullying.gov/prevention/](http://www.stopbullying.gov/prevention/)

## How to Prevent Bullying

Parents, school staff, and other caring adults have a role to play in preventing bullying. They can:

### **Help kids understand bullying.**

Talk about what bullying is and how to stand up to it safely. Tell kids bullying is unacceptable. Make sure kids know how to get help.

### **Keep the lines of communication open.**

Check in with kids often. Listen to them. Know their friends, ask about school, and understand their concerns.

### **Encourage kids to do what they love.**

Special activities, interests, and hobbies can boost confidence, help kids make friends, and protect them from bullying behavior.

### **Model how to treat others**

with kindness and respect.

## February 22

Being physically active can benefit you in many ways including reducing your risk of developing not only heart disease but also high blood pressure and high cholesterol. How will you be active today? It doesn't have to be a huge amount of time, every bit counts.

### PHYSICAL INACTIVITY

Inactive people are nearly twice as likely to develop heart disease as those who are active. The good news is that physical activity can protect your heart and you don't have to run a marathon to see benefits. Regular physical activity can also reduce your chances of developing high cholesterol and high blood pressure.

THREE THINGS TO DO (10 MINUTES EACH) = 30 MINUTES OF PHYSICAL ACTIVITY  
WHEN DOING AEROBIC ACTIVITY, DO IT FOR AT LEAST 10 MINUTES AT A TIME.



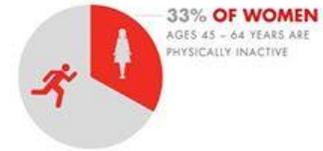
TAKE A WALK AROUND THE BLOCK.



DANCE TO THREE OF YOUR FAVORITE.



GO FOR A BIKE RIDE.



Sources:  
• National Heart, Lung, and Blood Institute (NHLBI). How much to physical activity and your heart. Tips for getting active.  
• Department of Health and Human Services (DHHS). 2008 Physical activity guidelines for Americans.  
• National Center for Health Statistics (NCHS). National Health Interview Survey.



## 10 Tips for Dads to Help Support Breastfeeding Moms

- 1 When mom is breastfeeding, help her feel comfortable and relaxed.
- 2 Help with child care and household chores. Have snacks ready, comfort baby when you can, and let mom nap, shower, or take a walk between feedings.
- 3 Limit the number of visitors and visiting time. New moms need plenty of rest.
- 4 Don't hesitate to ask family and friends to help if you can't be there to help mom.
- 5 Make time for you and baby. Babies need cuddles and skin-to-skin time with their dads, too. You can also bathe, diaper and play with baby.
- 6 At night, bring baby to mom for feedings and stay with them for some feedings so all three of you can bond.
- 7 If you see baby searching for mom's breast, sucking his fist, or making sucking noises, take him to mom for a feeding.
- 8 Learn about breastfeeding. Know the signs that baby is getting enough milk and reassure mom.
- 9 If mom has trouble breastfeeding, help her talk with a WIC breastfeeding expert, health care provider or lactation consultant. (Don't wait for her to ask for help, she may be too tired or busy to do so.)
- 10 Praise mom for breastfeeding and do something special for her. Be proud! Share the benefits of breastfeeding with others.

loving support.  
MAKES BREASTFEEDING WORK



## February 26

As a dad, caring for your family is a big responsibility, and you want to protect them and make healthy choices. Here are 10 tips on how you can support and encourage your partner's choice to breastfeed!

([loving-support.fns.usda.gov/family-friends](http://loving-support.fns.usda.gov/family-friends))

## February 27

Smoking greatly increases your chance of heart disease. It's never too late to quit smoking. Not only your lungs but your heart too will thank you for quitting. Check out [women.smokefree.gov](http://women.smokefree.gov) for great resources and information on how to quit and the benefits of doing so.

### SMOKING

About 18 percent of American women smoke. Smoking is a major risk factor for heart disease — but it's one that you can control. Find tools to help you quit at [women.smokefree.gov](http://women.smokefree.gov).



MORE THAN \$1,700  
HOW MUCH YOU COULD SAVE IN ONE YEAR IF YOU QUIT A PACK-A-DAY HABIT



Sources:  
• National Center for Health Statistics (NCHS). Summary health statistics for U.S. adults. National Health Interview Survey.  
• National Heart, Lung, and Blood Institute (NHLBI). How much to physical activity and your heart.  
• Centers for Disease Control and Prevention (CDC). Quitting: economic costs of U.S. tobacco production and use.  
• U.S. Public Health Service, National Center for Chronic Disease Prevention and Health Promotion. (2004). The health consequences of smoking in regard to the Surgeon General.

