



KANSAS
MATERNAL &
CHILD HEALTH

JANUARY 2018

FACEBOOK POSTS

January 3

January is National Birth Defects Prevention Month

We know that not all birth defects can be prevented. But, we also know that women can increase their chances of having a healthy baby by managing health conditions and adopting healthy behaviors before becoming pregnant. Learn how at <https://www.cdc.gov/ncbddd/birthdefects/prevention.html>.

January is
**Birth Defects
Prevention Month**

... but any month is the month
to prevent birth defects.

- Take a vitamin with 400 micrograms (mcg) of folic acid every day.
- Don't smoke or drink alcohol.
- Talk to your doctor about vaccinations (shots).
- Wash your hands often with soap and water to prevent infections.
- See your health care professional regularly.

Whether or not you are planning a pregnancy, now is the time to prevent birth defects.

Visit www.cdc.gov/ncbddd to learn more about preventing birth defects.

This poster was developed in partnership with the National Birth Defects Prevention Network.

Division of Field Epidemiology and Control, Kansas Department of Health and Senior Services



Enero es
**el mes de la
prevención de los
defectos de
nacimiento**

... sin embargo, cualquier mes puede ser
el mes para prevenir los defectos de
nacimiento.

- Tome una vitamina que contenga 400 microgramos (mcg) de ácido fólico todos los días.
- No fume ni tome alcohol.
- Hable con su médico sobre las vacunas.
- Lávese frecuentemente las manos con agua y jabón para prevenir las infecciones.
- Vaya a sus chequeos médicos de rutina.

Aunque no esté planeando quedar embarazada, ahora es el momento de prevenir los defectos de nacimiento.

Visite
www.cdc.gov/ncbddd/Spanish/
para aprender más sobre
cómo prevenir los defectos de
nacimiento.

Alcance elaborado en colaboración con la Red Nacional para la Prevención de Defectos Congénitos

División de Epidemiología y Control, Departamento de Salud y Servicios para la Vejez de Kansas



January 5

January is Cervical Cancer Awareness Month

This infographic shows ways to help prevent cervical cancer. For more information and resources check out www.cdc.gov/cancer/dpcp/resources/features/cervicalcancer/.

Prevent Cervical Cancer with the Right Test at the Right Time

Screening tests can find abnormal cells so they can be treated before they turn into cancer.

- ⊙ The Pap test looks for changes in cells on the cervix that could turn into cancer if left untreated.
- ⊙ The human papillomavirus (HPV) test looks for the virus that causes these cell changes.

The only cancer the Pap test screens for is cervical.

HPV is the main cause of cervical cancer.

- ⊙ HPV is a very common virus, passed from one person to another during sex.
- ⊙ Most people get it, but it usually goes away on its own.
- ⊙ If HPV doesn't go away, it can cause cancer.

Most women don't need a Pap test every year!

Have your 1st Pap test when you're **21**

If your test results are normal, you can wait 3 years for your next Pap test.

HPV tests aren't recommended for screening women under 30.

When you turn 30 you have a choice:

- If your test results are normal, get a Pap test every 3 years.
- OR
- Get both a Pap test and an HPV test every 5 years.

You can stop getting screened if:

- ⊙ You're older than 65 and have had normal Pap test results for many years.
- ⊙ Your cervix was removed during surgery for a non-cancerous condition like fibroids.

The cervix is the lower, narrow end of the uterus (womb) that connects the uterus to the vagina (birth canal).

No insurance? You may be able to get free or low cost screening through CDC's National Breast and Cervical Cancer Early Detection Program. Call (800) CDC-INFO or scan this QR code.

More information about cervical cancer: www.cdc.gov/cancer/cervical/

National Center for Chronic Disease Prevention and Health Promotion
Division of Cancer Prevention and Control

Folic Acid Fast Facts



Folic acid is a B vitamin that our body uses to make new cells.



It is recommended that women take **400 micrograms (mcg)** of folic acid every day.



To meet the daily recommended amount of folic acid, women can take a multivitamin, or eat a bowl of breakfast cereal that has 100% of the daily value of folic acid per serving.

To learn more, visit: www.NBDPN.org

January 8

It's Folic Acid Awareness Week!

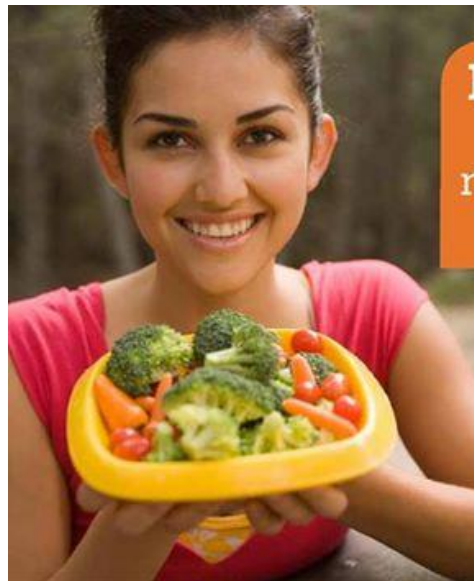
If taken before and during early pregnancy, folic acid can prevent up to 70% of some serious birth defects of the brain and spine.

Learn more

at <http://www.nbdpn.org/faaw.php>

January 11

Folic acid is an important nutrient that helps to prevent birth defects. January 7th-13th is National Folic Acid Awareness Week, so celebrate by eating some foods that are rich in it!



**Folic acid
is part of
my healthy
lifestyle!**

I take 400 micrograms (mcg) of folic acid every day as part of my daily routine. Just like eating nutritious food, drinking plenty of water and exercising is important for my health, taking folic acid every day can help me get my body ready for when I decide to have a baby.

Folic acid is a B vitamin that helps prevent some birth defects of the baby's brain and spine.

You can help prevent serious birth defects of your baby's brain and spine. Talk with your doctor about taking 400 mcg of folic acid.

There are two easy ways to be sure to get enough folic acid each day:

1. Take a vitamin that has folic acid in it every day. Most multivitamins sold in the United States have the amount of folic acid women need each day. Women can also choose to take a small pill (supplement) that has only folic acid in it each day.
or
2. Eat a bowl of breakfast cereal that has 100% of the daily value of folic acid every day. Not every cereal has this amount. Check the label on the side of the box, and look for one that has "100%" next to folic acid.

www.cdc.gov/ncbddd/folicacid

National Center on Birth Defects and Developmental Disabilities
Division of Birth Defects and Developmental Disabilities



CS228022-A

A pregnant woman with blonde hair, wearing a dark green top and light-colored pants, is sitting on a bed and smiling. The background is a bright, indoor setting.

1 in 33

1 in every 33 babies is born with a birth defect.

We want to help you reduce that risk.

January is Birth Defects Prevention Month.

Learn more about prevention, detection, treatment and living with birth defects at www.cdc.gov/birthdefects and www.nbdpn.org.

National Center on Birth Defects and Developmental Disabilities
Division of Birth Defects and Developmental Disabilities

This flyer was developed in partnership with the National Birth Defects Prevention Network (NBDPND). The NBDPND is a national network of birth defects programs and individuals working at local, state and national levels to birth defects surveillance, research, and prevention.

January 18

Learn more about prevention, detection, treatment and living with birth defects at www.cdc.gov/birthdefects and www.nbdpn.org.

January 23

Your family and community can help you get more rest as a new mom. When friends and family offer help, take them up on their offer.

For the full article see from the March of Dimes: tinyurl.com/tips-to-improve-sleep

Tips to Improve Sleep for New Moms

LOOK TO FAMILY, FRIENDS & OTHERS FOR HELP

If someone offers to help, think about taking them up on it. Ask your partner, family and friends for help when you need it.

SHARE NIGHTTIME PARENTING JOBS.

Work with your partner to schedule feedings, diaper changes and other baby duties. If you're bottle feeding, have your partner take on more nighttime feedings. If you're breastfeeding, ask your partner to bring the baby to you and to burp the baby after he's been fed.

TAKE ADVANTAGE OF BABYSITTING OFFERS.

Instead of going out, stay in the comfort of your own home. Take a much needed nap while a trusted friend or family member takes care of the baby.

ASK GUESTS TO HELP OUT.

When visitors come, ask them to help you with the dishes, do a load of laundry, or simply hold the baby while you take a shower.

IF YOU CAN AFFORD IT, HIRE SOME HELP.

A neighborhood teen can do light chores. Think about hiring a baby nurse or doula during the first few weeks after pregnancy. (A doula is a professional who provides care and support to women during labor and in the postpartum period.)

Information from "New Mom Fatigue," from www.marchofdimes.org/pregnancy/new-mom-fatigue.aspx



January 24

Eating healthy and being active both help new moms improve on their sleep. For the full article see from the March of Dimes: tinyurl.com/tips-to-improve-sleep

Tips to Improve Sleep for New Moms

EAT HEALTHY & BE ACTIVE

Eating healthy foods and getting exercise can help you have energy and feel rested.

EAT HEALTHY FOODS.

Check out choosemyplate.gov, an online tool from the U.S. Department of Agriculture. It can help you plan a healthy meals based on your age, weight, height and physical activity. There's even a special section for breastfeeding moms.

GET ACTIVE.*

**With your health care provider's OK. Did you know that physical activity can actually give you more energy during the day? Take baby for a walk. Or do a few minutes of physical activity at home during baby's daytime naps.*

DRINK LOTS OF WATER.

Try not to overload on caffeine or sugar-packed beverages. The right foods and beverages can help give you more energy.

Information from "New Mom Fatigue," from www.marchofdimes.org/pregnancy/new-mom-fatigue.aspx



January 25

This is one of a 3-part series on tips for helping new moms improve their sleep. Get plenty of rest can sound difficult with a newborn but check out these great tips on how to how to get rest.

For the full article see from the March of Dimes: tinyurl.com/tips-to-improve-sleep



GET PLENTY OF REST

SLEEP WHEN THE BABY SLEEPS,

even if it's just for a quick nap. Turn off the phone and TV, close the shades, and try to get a few minutes of sleep whenever you can.

LIMIT VISITORS.

Just because you have a new baby doesn't mean you're obligated to host and entertain guests. Limit visitors as best as you can so that you can get much needed rest.

PLACE THE BABY IN THE BABY'S ROOM.

In the beginning, it might help to have your baby sleep in the same room as you. But if the baby's breathing, cooing or restlessness keeps you awake, try moving baby to her room so that you can get your sleep. Use a baby monitor to listen to the baby in her room.

PUT OFF OTHER HOUSEHOLD RESPONSIBILITIES.

Your main concern is taking care of yourself and your baby. This includes making time for sleep, even if it means cutting back on chores.

Information from "New Mom Fatigue," from www.marchofdimes.org/pregnancy/new-mom-fatigue.aspx



January 29



Kansas Maternal & Child Health

January 29 · 🌐

👍 Like Page ...

Happy Kansas Day!



January 31

Here are some examples of how you can reduce your risk of getting infection during pregnancy to help protect your baby. (www.cdc.gov/ncbddd/birthdefects/prevention)

PREGNANT OR THINKING ABOUT GETTING PREGNANT?

Prevent to Protect: Prevent Infections for Baby's Protection.

Some infections before and during pregnancy can hurt you and your baby. They can cause serious illness, birth defects, and lifelong disabilities, such as hearing loss or learning problems. Here are some examples of how you can reduce your risk of getting infection during pregnancy to help protect your baby.

Properly prepare food.



- Wash your hands before and after preparing food.
- Do not eat raw or runny eggs or raw sprouts.
- Avoid unpasteurized (raw) milk and cheese, and other foods made from them.

Talk to your healthcare provider.



- Talk to your healthcare provider about what you can do to prevent infections such as Zika virus.
- Make sure that you are up-to-date with vaccinations (shots) before getting pregnant.
- Talk to your healthcare provider about vaccinations that you should receive during pregnancy.

Protect yourself from animals and insects known to carry diseases such as Zika virus.



- When mosquitoes are active:
 - Wear long-sleeved shirts and long pants when outside.
 - Use Environmental Protection Agency (EPA) registered insect repellents with one of the following active ingredients: DEET, picaridin, IR3535, or oil of lemon eucalyptus (para-menthane-3,8-diol).
- Stay away from wild or pet rodents, live poultry, lizards and turtles, and do not clean cat litter boxes while pregnant.

Maintain good hygiene.



- Wash your hands often with soap and water especially:
 - Before preparing or eating foods
 - After handling raw meat, raw eggs, or unwashed vegetables
 - After being around or touching pets, and other animals
 - After changing diapers or wiping runny noses
- Do not put a young child's food, utensils, drinking cups, or pacifiers in your mouth.

For more information on preventing birth defects, please visit: <http://www.cdc.gov/ncbddd/birthdefects/prevention.html>



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

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