



KANSAS
MATERNAL &
CHILD HEALTH

APRIL 2018

FACEBOOK POSTS

April 3

Did you know that 1 in 5 adults experience mental illness every year? And 1 in 5 youth ages 13 to 18 experiences a severe mental disorder at some point in their lives? Today for National Public Health Week, we bring awareness to mental and behavioral health services. www.nphw.org/nphw-2018/behavioral-health



April 5

Preventing child abuse and neglect starts with giving parents the support they need. As part of Child Abuse Prevention Month, view these 30 ways you can support other parents and kids in your community! (preventchildabuse.org/latest-activity/30-ways-to-help/)



April 6

These practices are essential to your baby's safe sleep.



68,349 Views

CDC

January 9 · 🌐

👍 Like Page

Parents and caregivers: There are about 3,500 sleep related deaths among US babies each year. Learn how you can eliminate hazards in CDC's new Vital Signs report on Safe Sleep for Babies. <http://bit.ly/2Aloyub>

April 9

Knowing the signs and early diagnosis can change lives and significantly improve outcomes. For more information on developmental milestones, visit the CDC's "Know the Signs. Act Early" site, www.cdc.gov/ncbddd/actearly/index.html.

Milestone Moments

Learn the Signs. Act Early.



You can follow your child's development by watching how he or she plays, learns, speaks, and acts.



Centers for Disease Control and Prevention
www.cdc.gov/milestones
1-800-CDC-INFO

April 10

April is Stress Awareness Month. Take some time to relax and rejuvenate, it's good for your health. For more information see <https://foh.psc.gov/calendar/stress.html>.



April 12

Find ways to be more active around the house & with the kids by combining exercise with other activities, like watching TV, cleaning, or cooking. See the American Heart Association's tips at [tinyurl.com/ybznwego!](http://tinyurl.com/ybznwego)



April 13



Kansas Maternal & Child Health shared a post.



April 13 at 12:04pm · 🌐



Eat Right Nutrition

April 12 at 1:03pm · 🌐

Have a baby on the way? To provide optimal nutrition, the Academy recommends exclusive breast-feeding for the first six months. Learn more about breast-feeding and how it benefits infants and new mothers.



Breast-feeding Benefits for Baby and Mom

For optimal nutrition for your infant, the Academy of Nutrition and Dietetics recommends exclusive breast-feeding for the first six months.

EATRIGHT.ORG

April 16



Kansas Maternal & Child Health shared a post.



April 16 at 11:47am · 🌐



Blue Cross and Blue Shield of Kansas

March 13 · 🌐

Monitoring your child's development can help your pediatrician determine if your child is on target or experiencing a delay or setback.

Read more from the latest issue of our member newsletter, Healthy You:
<http://bit.ly/2Fq9pi9>

April 17

"We all play a role in creating the safe, stable and nurturing relationships and environments that are central to the great childhoods that all children deserve." Find resources for Child Abuse Prevention Month at preventchildabuse.org or visit Prevent Child Abuse America.



April 19



Kansas Maternal & Child Health shared a post.

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April 19 at 9:48am · 🌐



Ask. Listen. Learn.

👍 Like Page

April 16 at 2:53pm · 🌐

Use April—Alcohol Responsibility Month—as an opportunity to have the important conversations about alcohol with your kids. Need a way to get started? Start here:



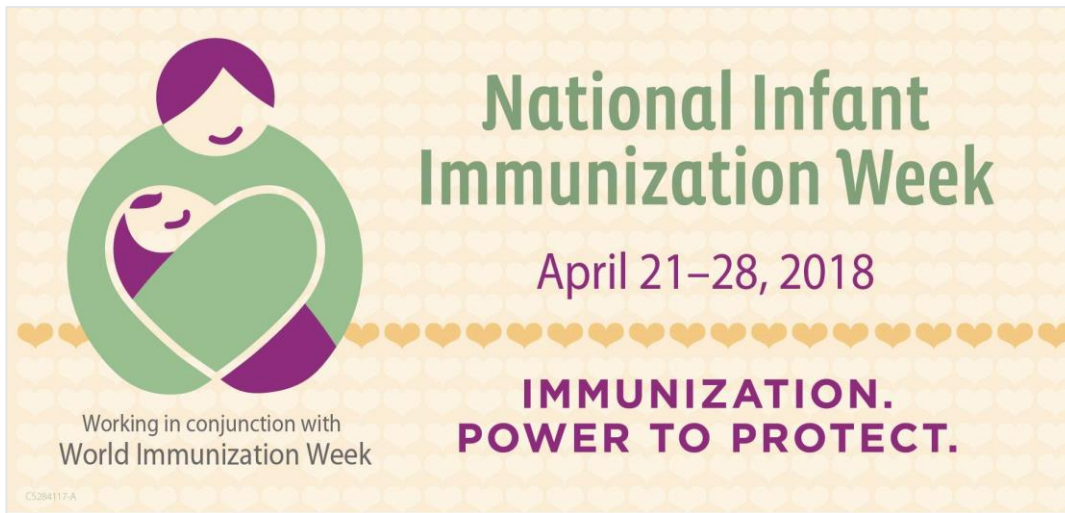
Alcohol Responsibility Month 2018

We value our relationships with parents and educators (and everyone else!) who help kids say YES to a healthy lifestyle and NO to underage drinking. We love working with you, hearing from you, and celebrating the great job you do...

ASKLISTENLEARN.ORG

April 21

National Infant Immunization Week is the perfect time to learn about the vaccines your baby needs! Visit CDC's site to learn about the 14 diseases vaccines prevent, view the latest immunization schedule, and get tips on how to comfort your baby during vaccine visits. www.cdc.gov/vaccines/parents/index.html



The graphic features a stylized illustration of a woman in green and purple holding a baby. To the right, the text reads: **National Infant Immunization Week**, **April 21–28, 2018**, and **IMMUNIZATION. POWER TO PROTECT.** Below the illustration, it says "Working in conjunction with World Immunization Week" and includes the code "CS284117-A". A decorative line of small hearts separates the illustration from the text.

April 23

Did you know a baby's protection against whooping cough begins before he is even born? CDC recommends every pregnant woman get the whooping cough vaccine, or Tdap each pregnancy. This will help protect the baby until he is old enough to receive his own whooping cough vaccine at 2 months.



Are you pregnant? Protect you and your baby from whooping cough.

Whooping cough is a serious disease that can cause newborns to stop breathing. Talk to your Dr. about whooping cough prevention.

CDC.GOV

April 25

It's normal to have questions about vaccines! Get answers to your common questions: tinyurl.com/Vaccine-Q-A.

Does breastfeeding provide full protection against vaccine preventable diseases?"

Is it okay to delay a few of my baby's vaccines, if I plan to get them all eventually?"

It's normal to have questions about vaccines!

Get answers to your questions at tinyurl.com/Vaccine-Q-A

Why are so many doses needed for each vaccine?"

KANSAS MATERNAL & CHILD HEALTH

April 26

April is Child Abuse Prevention Month

Early childhood experiences are an important public health issue. Find child abuse and neglect prevention strategies for states & communities at www.cdc.gov/violenceprevention/childmaltreatment/prevention.html.

IMPACT OF CHILDHOOD TRAUMA

The CDC and Kaiser Permanente surveyed 17,000 of the health plan's members to ask whether they'd had adverse childhood experiences defined as:

ABUSE	NEGLECT	HOUSEHOLD CHALLENGES
Psychological Physical Sexual	Emotional Physical	Family member experiencing: Domestic abuse Mental illness Imprisonment

The landmark study found those with adverse childhood experiences were at higher risk for:

- HEART, LUNG, AND LIVER DISEASE
- OBESITY
- DIABETES
- DEPRESSION
- SUBSTANCE ABUSE

THE STUDY ALSO FOUND

NEARLY TWO THIRDS of those surveyed experienced at least one event.

The higher the score on ACE survey, the more likely people were to be in poor health:

Adverse Childhood Experiences (ACE) Study Score	Liver disease (%)	COPD (chronic obstructive pulmonary disease) (%)
0	~5	~5
1	~8	~8
2	~12	~12
3	~18	~18
≥4	~25	~25

Sources: CDC ACE Study page <https://www.cdc.gov/violenceprevention/acestudy/> and V. J. Felitti and R. F. Anda, "The Relationship of Adverse Childhood Experiences to Adult Health, Well Being, Social Function, and Health Care," from *The Impact of Early Life Trauma on Health and Disease: The Hidden Epidemic* (Cambridge, England: Cambridge University Press, September 2010).

April 27

 **Kansas Maternal & Child Health** shared a video. ...
April 27 at 12:00pm · 🌐



5 Facts on vaccines 

5
If we stop vaccination,
diseases will return

WHO: 5 facts on vaccines
00:54

559,864 Views

World Health Organization (WHO) is  supporting #VaccinesWork.
April 23 at 5:02pm · 🌐 👍 Like Page

It's World Immunization Week!
Vaccines work to save lives.
Here are 5 facts you need to know about vaccines