



# FEBRUARY 2017

## FACEBOOK POSTS

### February 1

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 6

Check out the Kansas Maternal and Child Health website: [kansasmch.org](http://kansasmch.org). These 8 priorities are the goals of Kansas Maternal and Child health for the next five years.





## Kansas Maternal & Child Health Priorities

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- 1** Women have access to and receive coordinated, comprehensive services before, during and after pregnancy
- 2** Services and supports promote healthy family functioning
- 3** Developmentally appropriate care and services are provided across the lifespan
- 4** Families are empowered to make educated choices about infant health and well-being
- 5** Communities and providers support physical, social and emotional health
- 6** Professionals have the knowledge and skills to address the needs of maternal and child health populations
- 7** Services are comprehensive and coordinated across systems and providers
- 8** Information is available to support informed health decisions and choices




## February 7

Priority #1 of the 8 Priorities for Kansas Maternal and Child Health. For the full list of priorities check out [kansasmch.org](http://kansasmch.org).



KANSAS  
MATERNAL &  
CHILD HEALTH

2016 – 2020  
Priorities

## Kansas Maternal & Child Health Priorities



1

Women have access to and receive coordinated, comprehensive care and services before, during and after pregnancy.

## February 8

Priority #2 of the 8 Priorities for Kansas Maternal and Child Health. For the full list of priorities check out [kansasmch.org](http://kansasmch.org).



KANSAS  
MATERNAL &  
CHILD HEALTH

2016 – 2020  
Priorities

## Kansas Maternal & Child Health Priorities



2

Services and supports promote healthy family functioning.

## February 9

Check out the work of Kansas Maternal and Child Health. This priority is one of eight that directs their work. For the full list of priorities see [kansasmch.org](http://kansasmch.org).



2016 – 2020  
Priorities

## Kansas Maternal & Child Health Priorities



3

Developmentally appropriate care and services are provided across the lifespan.

## February 10

Priority #4 of the 8 Priorities for Kansas Maternal and Child Health. For the full list of priorities check out [kansasmch.org](http://kansasmch.org).



2016 – 2020  
Priorities

## Kansas Maternal & Child Health Priorities



4

Families are empowered to make educated choices about infant health and well-being

**February 11**

Priority #5 of the 8 Priorities for Kansas Maternal and Child Health. For the full list of priorities check out [kansasmch.org](http://kansasmch.org).



2016 – 2020  
Priorities

## Kansas Maternal & Child Health Priorities



**5**

Communities and providers support physical, social, and emotional health

**February 12**

Priority #6 of the 8 Priorities for Kansas Maternal and Child Health. For the full list of priorities check out [kansasmch.org](http://kansasmch.org).



2016 – 2020  
Priorities

## Kansas Maternal & Child Health Priorities



**6**

Professionals have the knowledge and skills to address the needs of maternal and child health populations.

**February 13**

Priority #7 of the 8 Priorities for Kansas Maternal and Child Health. For the full list of priorities check out [kansasmch.org](http://kansasmch.org).



2016 – 2020  
Priorities

## Kansas Maternal & Child Health Priorities



**7**

Services are comprehensive and coordinated across systems and providers.

**February 14**

Priority #8 of the 8 Priorities for Kansas Maternal and Child Health. For the full list of priorities check out [kansasmch.org](http://kansasmch.org).



2016 – 2020  
Priorities

## Kansas Maternal & Child Health Priorities

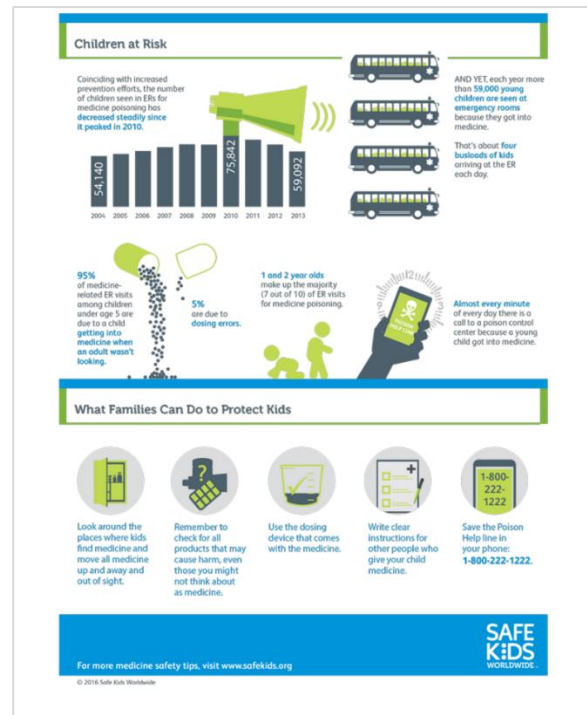


**8**

Information is available to support informed health decisions and choices.

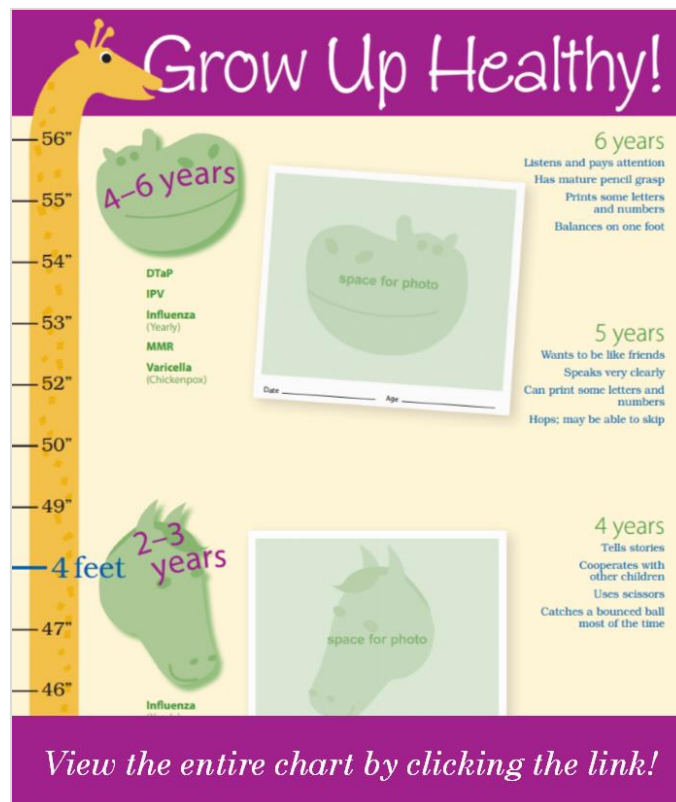
## February 16

Medicine is meant to help, not hurt. Always put away medicine to protect your children. For more information check out: [www.safekids.org/infographic/medication-safety-infographic](http://www.safekids.org/infographic/medication-safety-infographic)



## February 20

This fun growth chart provides milestones for children, places for pictures as they age, as well as vaccines they need! This is a great way to help your child grow up healthy! <https://www.cdc.gov/.../pa.../downloads/growth-chart-parents.pdf>



February 21



## Kansas Maternal & Child Health

February 21 at 7:52am · 🌐

"People with disabilities and their families have the right to live, love, work, play and pursue their life aspirations just as others do in their community."

-LifeCourse Framework

View support tools and resources for individuals with disabilities and their families at <http://www.lifecoursetools.com/principles/>.



### Principles | LifeCourseTools.com

The LifeCourse Framework was created BY FAMILIES to help individuals and families of all abilities and all ages develop a vision for a good life, think about what they need to know and do, identify how to find or develop supports, and discover what it

LIFECOURSETOOLS.COM

# WOMEN & CANCER: REDUCING YOUR RISK

UPDATED: JANUARY 2015

American Institute for Cancer Research

About **1 in 3** U.S. women will get cancer in their lifetime<sup>1</sup>

**33%**

AICR estimates **76,500 breast cancer cases can be prevented** a year with lifestyle changes.<sup>2</sup>

It is the most common cancer among women.

**Healthy eating, physical activity and being lean reduces the risk of the most common cancers that affect women.<sup>2</sup>**

About **6 of every 10** U.S. women are overweight or obese.<sup>3</sup>

Staying a healthy weight can prevent an estimated **81,610** cancer cases among women this year.<sup>2</sup>

## SUPPORT YOURSELF

stay active      stay lean      eat smart

For tips on getting to, and staying at, a healthy weight, visit [www.aicr.org](http://www.aicr.org)

1. American Cancer Society, Cancer Facts & Figures 2015. www.aicr.org/press-releases/cancer-facts-and-figures-2015/index.html  
2. AICR WCRP Policy Report (2010) and 2015 preventability update.  
3. UK Center for Disease Control and Prevention: Obesity and Overweight  
The evidence in this label from the Continuous Update Project (CUP), which systematically updates and reviews the research included worldwide into cancer risk related to diet, physical activity and body weight. All the evidence gathered is then assessed by a panel of independent scientists who make recommendations for cancer prevention.

American Institute for Cancer Research | 1759 R Street NW, Washington DC | Phone: 202-326-7744 | Email: [Communications@aicr.org](mailto:Communications@aicr.org) | [www.aicr.org](http://www.aicr.org)

AICR Blog | Twitter | Facebook

February 22

February is Cancer Prevention Month

An active and healthy lifestyle can help decrease the risk of cancer in women. For more information check out: [www.aicr.org/can-prevent/](http://www.aicr.org/can-prevent/)

February 23

 **Kansas Maternal & Child Health**  
February 23 at 6:09am · 🌐

Women have special nutrient needs, and, during each stage of a woman's life, these needs change. Learn more about why iron, folic acid, and calcium are important for your health!



**Healthy Eating for Women**  
A balanced diet is a cornerstone of health and women have special nutrient needs that change during each stage of a life.  
EATRIGHT.ORG

February 24

The mission of the National Child Traumatic Stress Network is to raise the standard of care and increase access to services for traumatized children, their families, and communities throughout the United States. Learn more about trauma-informed child- and family-service systems at <http://www.nctsn.org/.../top.../creating-trauma-informed-systems>.



**What is a Trauma-Informed Child- and Family-Service System?**

*A trauma-informed child- and family-service system is one in which all parties involved recognize and respond to the impact of traumatic stress on those who have contact with the system including children, caregivers, and service providers. Programs and agencies within such a system infuse and sustain trauma awareness, knowledge, and skills into their organizational cultures, practices, and policies. They act in collaboration with all those who are involved with the child, using the best available science, to maximize physical and psychological safety, facilitate the recovery of the child and family, and support their ability to thrive.*

**NCTSN** The National Child Traumatic Stress Network



February 27

Every 4.5 minutes a baby is born with a birth defect. We want to help you reduce that risk. Learn more about prevention, detection, treatment and living with birth defects at [www.cdc.gov/birthdefects](http://www.cdc.gov/birthdefects)



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