



KANSAS
MATERNAL &
CHILD HEALTH

JANUARY 2017

FACEBOOK POSTS

January 1

Happy New Year!



January 2

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.

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.



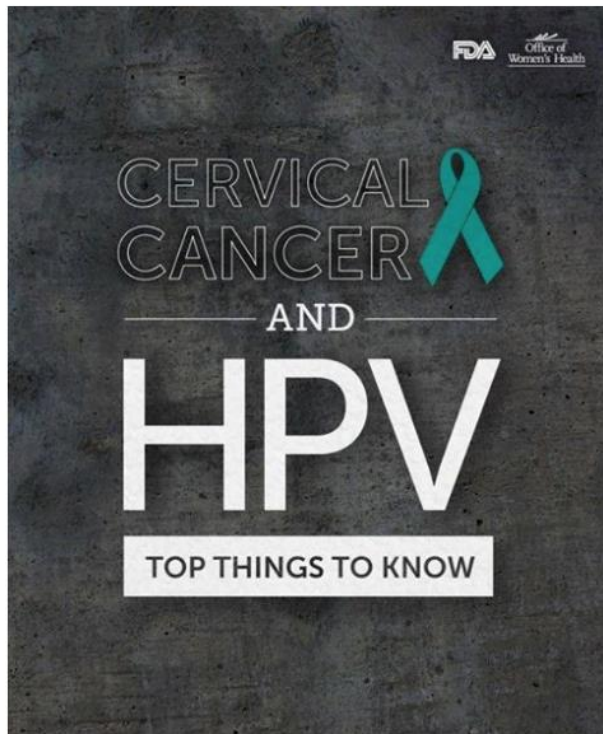
January 3



Kansas Maternal & Child Health shared Immunize Kansas

Coalition's photo.

January 3 · 🌐



Immunize Kansas Coalition

January 2 · 🌐

January is Cervical Cancer Awareness Month

The good news? Cervical cancer is largely preventable and, if detected early, curable. The key to prevention is vacci...

See More

January 4

Make a PACT to help prevent birth defects. Plan ahead. Avoid harmful substances. Choose a healthy lifestyle. Talk to your healthcare provider. <https://www.cdc.gov/ncbddd/birthdefects/prevention.html>

MAKING HEALTHY CHOICES TO HELP PREVENT BIRTH DEFECTS

Make a PACT for Prevention

PLAN AHEAD

- Get as healthy as you can before you get pregnant
- Get 400 micrograms (mcg) of folic acid every day

AVOID HARMFUL SUBSTANCES

- Avoid smoking
- Avoid drinking alcohol
- Be careful with harmful exposures at work and home

CHOOSE A HEALTHY LIFESTYLE

- Eat a healthy diet that includes fruits, vegetables, whole grains, low fat dairy, and lean proteins
- Be physically active
- Work to get medical conditions like diabetes under control

TALK TO YOUR HEALTHCARE PROVIDER

- Get a medical checkup
- Discuss all medications, both prescription and over-the-counter
- Talk about your family history

Making a PACT to get healthy before and during pregnancy can help you have a healthy baby.

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

For more information, please visit www.cdc.gov/ncbddd/birthdefects/prevention.html and www.cdc.gov/pregnancy/chooseyoulove

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January 6

 **Kansas Maternal & Child Health**
January 6 · 🌐

Talk to your doctor about safe medication use during pregnancy! This includes prescription and over-the-counter medications, as well as dietary or herbal products.



TREATING X for TWO

Safer Medication Use in Pregnancy

CDC - Medication and Pregnancy

Pregnant women should not stop or start taking any type of medication that they need without first talking with a doctor. Women planning to become pregnant should discuss any medication with their doctor before becoming pregnant.




CDC.GOV

January 9

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, called neural tube defects. Learn more at <http://www.nbdpn.org/faaw.php>

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 10



Kansas Maternal & Child Health

January 10 · 🌐

▼

Pregnancy affects nearly every aspect of a woman's life, including her oral health. Scheduling a dental visit and taking care of your teeth and mouth is an important part of a healthy pregnancy.

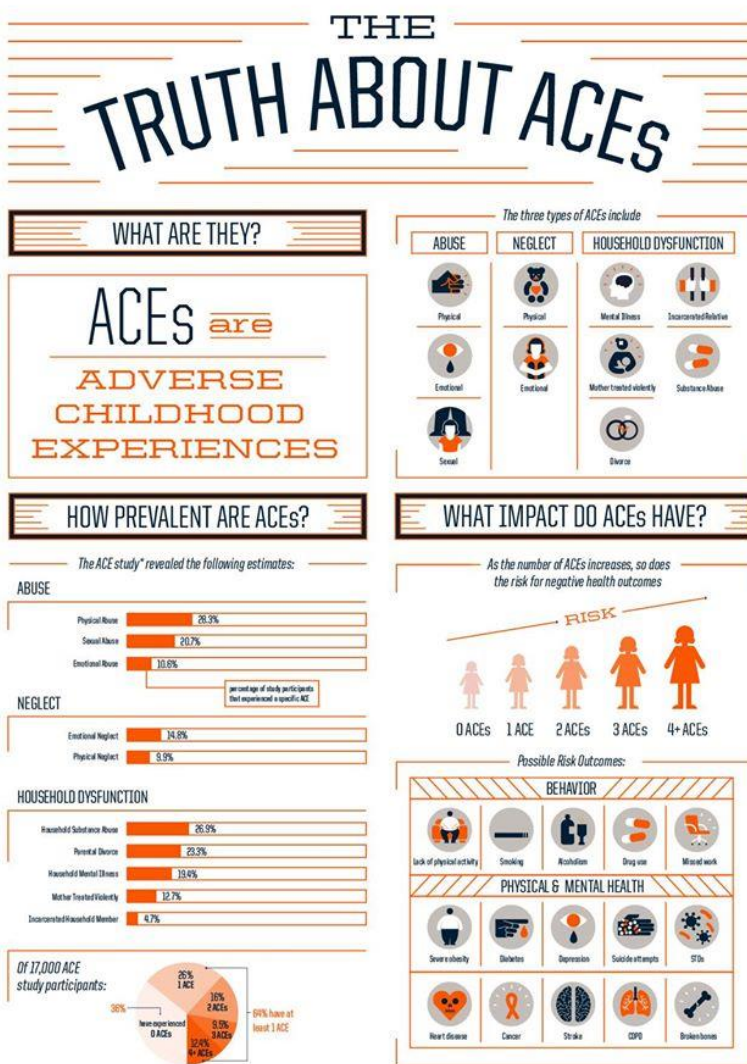


Pregnancy and Oral Health

YOUTUBE.COM

January 11

Childhood experiences, both positive and negative, have a tremendous impact on health and opportunity. The Kansas MCH Council is learning about ACEs and trauma-informed systems of care today and how to implement trauma-informed policies and practices in our organizations.
<http://tinyurl.com/CDCACEs>
[https://www.cdc.gov/violenceprevention/essentials.html](https://www.cdc.gov/violenceprevention/childmaltreatment/essentials.html)



January 11



Kansas Maternal & Child Health shared Topeka Public Schools's photo.
January 11 · 🌐


Topeka Public Schools
January 11 · 🌐

Like Page

Dr. Anderson had the opportunity to serve on a local panel discussing trauma-informed care today. Thank you Kansas Maternal & Child Health Council.

January 12

ACEs are Adverse Childhood Experiences and can negatively affect a way a child develops. For more information from the CDC check out: www.cdc.gov/violenceprevention/acestudy/



What are ACEs?

ACEs stands for:

A C E
Adverse Childhood Experiences

Typically, ACEs will fall into one of three categories:

Abuse **Neglect** **Household Dysfunction**

Abuse

Emotional abuse is the most common form of abuse. This often takes the form of a parent or caregiver swearing at, insulting, or demeaning a child. Physical abuse includes any form of physical violence, such as hitting, beating, or kicking a child. Finally, any type of sexual coercion is a very serious form of abuse as well.

Slightly more than half of all adults in Kansas have experienced at least one ACE. Among those, prevalence is higher among young adults, those with low education, those with a low household income, Hispanics, non-Hispanic other and multiracial adults, and women.

Sources: www.kdheks.gov/bfss/PDF/ACE_Report_2014.pdf, www.rwjf.org/en/library/infographics/the-truth-about-aces.html

January 13

For more information on ACEs from the CDC check out: www.cdc.gov/violenceprevention/acestudy/

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Neglect

Neglect can be manifested in inattention to a child's physical needs, or to their emotional needs. Kids can't learn to handle problems, whether emotional or physical, without guidance and involvement from adults in their lives.

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January 14

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Household dysfunction

Household dysfunction can appear in a child's life in many different ways. Common stressors include divorce or separation; mental illness; an incarcerated household member; violence between adults; and substance abuse.

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Sources: www.kdheks.gov/bfss/PDF/ACE_Report_2014.pdf, www.rwjf.org/en/library/infographics/the-truth-about-aces.html

January 15

Why do ACEs matter? Because the experiences children have can positively or negatively impact their growth and maturation into adults. For more information on ACEs from the CDC check out: www.cdc.gov/violenceprevention/acestudy/



Why do they matter?



"The experiences we have are like the BLOCKS that go into FORMING the way we THINK and RESPOND to the world around us."

Remember duplos? They're those plastic, brightly colored building blocks that so nicely snap into each other. They've been the medium of many castles, highways, dinosaurs, and much more. Of course, anyone who's built with duplos knows that the generic off-brand duplos can't be used with regular duplos.

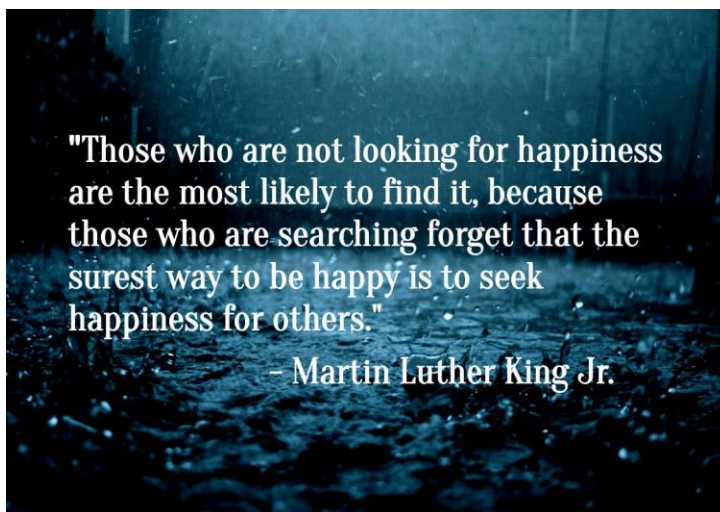
The generic ones are misshapen and weak and don't provide a good foundation...plus, they're different colors, which makes for a weird looking dinosaur.

The point is, our brains are similar to duplos (in a way). The experiences we have are like the blocks that go into forming the way we think and respond to the world around us.

Sources: www.albertafamilywellness.org/brain-development-addiction/early-experiences-gene-expression, www.albertafamilywellness.org/resources/video/how-brains-are-built-core-story-brain-development, www.kdheks.gov/brfss/PDF/ACE_Report_2014.pdf



January 16

Martin King Luther Jr. Day




January 16

ACEs matter because the impact a child's future. Preventing ACEs from happening in a child's life can significantly impact their future growth. For more information on ACEs from the CDC check out: www.cdc.gov/violenceprevention/acestudy/



Why do they matter?



Brains are BUILT OVER TIME through INTERACTIONS with caregivers.



Brains are built over time through interactions with caregivers. Positive interactions with a caregiver who is sensitive and attuned to their child lead to a strong, solid brain foundation. When children have this strong base, it allows them to grow, develop, and respond to stress and challenges in a healthy way.

When kids don't have this healthy base (like solid building blocks), but instead are exposed to chronic neglect, recurrent abuse, and other negative environments, they may experience actual physical damage to the brain. Inadequate interaction stunts the emotional, social, and intellectual growth of children and has big implications for their future.

Sources: www.albertafamilywellness.org/brain-development-addiction/early-experiences-gene-expression, www.albertafamilywellness.org/resources/video/how-brains-are-built-core-story-brain-development, www.kdheks.gov/bfssa/PDF/ACE_Report_2014.pdf

January 17

For more information and resources about ACEs check out information from the CDC: www.cdc.gov/violenceprevention/acestudy/ and the Robert Wood Johnson Foundation: www.rwjf.org/.../libra.../infographics/the-truth-about-aces.html



What are the outcomes?



ACEs are correlated with an overwhelming number of risk outcomes. As the number of traumatic events the child underwent increases, so does the child's risk for negative health outcomes.

Some of these risk outcomes are behavioral, such as physical inactivity, smoking, alcoholism, drug use, and missed work.

Others have more to do with the child's long-term health—both physical and mental. These risk outcomes include severe obesity, diabetes, depression, suicide attempts, STDs, heart disease, cancer, stroke, COPD, and broken bones.

Treating these health and behavior issues as they develop is costly. Preventing problems in childhood would save a wealth of money in healthcare costs, certainly, but it would also inhibit the development of deep and drawn out suffering in the lives of thousands of individuals.

Sources: www.kdheks.gov/bfssa/PDF/ACE_Report_2014.pdf, www.rwjf.org/en/library/infographics/the-truth-about-aces.html



What can we do about it?

Supporting parents and families is one of the most critical things we can do to safeguard a healthy future for our nation's kids. After all, kids thrive when their caregivers thrive!

Suggestions from the Robert Wood Johnson Foundation on how community members can help prevent ACEs:



Make high-quality, affordable child care and preschool a priority.

Pre-school and child care can be very expensive in some communities! It pays to invest in early childhood education, because early learning leads to success in elementary school...and how well kids do in elementary school predicts whether or not children will go on to get a high school diploma.

Sources: www.rwjf.org/en/culture-of-health/2015/12/the_most_important.html

January 18

Here are some great ideas for addressing ACEs. For more information and resources about ACEs check out the CDC: www.cdc.gov/violenceprevention/acestudy/ and the Robert Wood Johnson Foundation: www.rwjf.org/.../libra.../infographics/the-truth-about-aces.html



What can we do about it?



Supporting parents and families is one of the most critical things we can do to safeguard a healthy future for our nation's kids. After all, kids thrive when their caregivers thrive!

Suggestions from the Robert Wood Johnson Foundation on how community members can help prevent ACEs:

Focus health care settings on health and wellbeing.

Including therapy, counseling, mindfulness, and other techniques can help parents manage the effects of toxic stress—which in turn allows children to learn coping skills as well.

Sources: www.rwjf.org/en/culture-of-health/2015/12/the_most_important.html



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Suggestions from the Robert Wood Johnson Foundation on how community members can help prevent ACEs:

Turn schools into community hubs that support kids and parents.

Educators and community partners have recognized that students do better if their families have more financial security. Schools can be a phenomenal source of support for parents, and can equip them to better focus on their children's educational and emotional needs.


Sources: www.rwjf.org/en/culture-of-health/2015/12/the_most_important.html

January 19

Witnessing violence changes a kid's mind. But you can help them heal with 5 everyday gestures: celebrate, comfort, listen, collaborate, and inspire. Learn more at ChangingMindsNOW.org.

YOUR EVERYDAY GESTURES CAN HELP A CHILD HEAL.

New research shows that witnessing traumatic events — like domestic violence, shootings, or even fighting — can impact the physical development of a child's brain. But you can help reverse the effects. In fact, as a caring adult, you could be the most important factor in helping them heal. Here's what you can do:

-  **CELEBRATE**
Use "put-ups," not "put-downs."
-  **COMFORT**
Stay calm and patient.
-  **LISTEN**
Show an interest in their passions.
-  **COLLABORATE**
Ask for their opinions.
-  **INSPIRE**
Expose them to new ideas.

Childhood trauma.
Changing minds.

DEPENDENT CHILDHOOD AND FUTURES

Find more information and helpful tips at: ChangingMindsNOW.org

January 19



Kansas Maternal & Child Health

January 19 · 🌐

January 16 - 20 is National Healthy Weight Week
According to the Academy of Nutrition and Dietetics, a slow and gradual weight loss of 1 pound per week or 4 pounds per month is a safe goal for breast-feeding moms who want to return to their pre-pregnancy weight. Learn more in the article below.



Losing Weight While Breast-feeding

Breast-feeding requires extra nutrition, making healthy eating just as important post-pregnancy.

EATRIGHT.ORG

January 20



Kansas Maternal & Child Health

January 20 · 🌐

Reaching and maintaining a healthy weight is important for overall health and can help you prevent many diseases and conditions. Use these key strategies from the Academy of Nutrition and Dietetics to help keep excess weight off for good.



4 Ways to Shed the Weight for Good

What are the crucial behavior differences between those who keep weight off and those who put it back on? Here are four key behaviors that separate the maintainers from the gainers.

EATRIGHT.ORG

January 23

Kansas Power of the Positive is a collaborative team committed to improving the well-being of all Kansans by creating safe, stable, nurturing relationships and environments thereby addressing the consequences of adverse childhood experiences (ACEs).

View the entire graphic and learn more about KPoP at <http://www.kansaspowerofthepositive.org/>.

ADVERSE CHILDHOOD EXPERIENCES

looking at how ACEs affect our lives & society and implications for prevention

What are ACEs?

Adverse Childhood Experiences (ACEs) is the term given to describe the types of abuse, neglect, and household challenges that may have been experienced by individuals under the age of 18. These experiences have been linked to reduced health and well-being later in life.

ACEs can be prevented

Safe, Stable, Nurturing Relationships and Environments may help people reach their full health and life potential by preventing early adverse experiences before they occur and protecting against poor outcomes for children who have already experienced adversity.

Who Participated?

Landmark CDC-Kaiser ACE Study

Between 1995 and 1997, over 17,000 Health Maintenance Organization members from San Diego, California receiving physical exams completed confidential surveys regarding their childhood experiences and current health status and behaviors. Almost two-thirds of adults surveyed reported at least one ACE, and the majority of respondents who reported at least one ACE reported more than one.

Behavioral Risk Factor Surveillance System (BRFSS)

The BRFSS is an annual, state-based, random-digit-dial telephone survey that collects data from non-institutionalized U.S. adults regarding health conditions and risk factors. In 2010, a review of BRFSS data included 55,998 respondents from CO, and territories HI, MS, NE, NY, OH, PA, UT, VT, WA, and WI that included the optional ACE module on their state survey.

Types of ACEs

ABUSE

SEXUAL ABUSE	10%
PHYSICAL ABUSE	23%
EMOTIONAL ABUSE	18%
NEGLECT	12%

FAMILY CHALLENGES

HOUSEHOLD MEMBER WITH SUBSTANCE ABUSE	14.4%
HOUSEHOLD MEMBER WITH MENTAL ILLNESS	14.4%
HOUSEHOLD MEMBER WITH DEPENDENT ON DRUGS	14.4%
HOUSEHOLD MEMBER WITH DEPENDENT ON ALCOHOL	14.4%

How Common are ACEs?

2009

0 ACEs	36%
1 ACE	26%
2 ACEs	16%
3 ACEs	9%
4 OR MORE	12%

2010

0 ACEs	41%
1 ACE	23%
2 ACEs	13%
3 ACEs	8%
4 OR MORE	15%

How do ACEs affect our society?

LIFE EXPECTANCY

People with six or more ACEs die on average 20 years earlier than those without ACEs.

0 ACEs

30 YEARS

6+ ACEs

10 YEARS

ECONOMIC TOLL

The Centers for Disease Control and Prevention (CDC) estimated that the lifetime costs associated with child maltreatment total \$126 billion.

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2010

0 ACEs	41%
1 ACE	23%
2 ACEs	13%
3 ACEs	8%
4 OR MORE	15%

Types of ACEs

The ACE study looked at three categories of adverse childhood experiences: **abuse**, which included emotional, physical, and sexual abuse; **neglect**, including both physical and emotional neglect; and **household challenges**, which included growing up in a household where there was substance abuse, mental illness, violent treatment of a mother or stepmother, parental separation/divorce or had a member of the household go to prison. Respondents were given an ACE score between 0 and 10 based on how many of these 10 types of adverse experience to which they reported being exposed.

The official CDC optional ACE module to BRFSS includes the same questions, except for the questions pertaining to neglect.

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HOUSEHOLD MEMBER WITH DEPENDENT ON DRUGS	14.4%
HOUSEHOLD MEMBER WITH DEPENDENT ON ALCOHOL	14.4%

ACEs can have lasting effects on....

- Health** (obesity, diabetes, depression, suicide attempts, STDs, heart disease, cancer, stroke, COPD, broken bones)
- Behaviors** (smoking, alcoholism, drug use, missed work)
- Life Potential** (graduation rates, academic achievement, lost time from work)

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30 YEARS

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What can be done about ACEs?

These wide-ranging health and social consequences underscore the importance of preventing ACEs before they happen. Essentials for Childhood: Assuring safe, stable, nurturing relationships and environments for all children can have a positive impact on a broad range of health problems and on the development of skills that will help children reach their full potential.

How Relationships can Prevent ACEs

Safe, stable, nurturing relationships with parents and other adults in children's lives can be a strong protective factor against ACEs. Networks of support for parents are also essential for the health of parents as well as their children.

How Environments can Prevent ACEs

Safe, stable, nurturing environments play a large role in preventing ACEs by creating a context and atmosphere that allows families to share quality time together, to discuss and resolve conflicts, and to provide emotional support to one another. Community and organizational decision-makers—both in the private and public sector (e.g. state and local health departments, media, businesses, schools and faith-based organizations)—also play an important part by developing policies that create conditions and resources that support safe, stable, nurturing environments that benefit children and families.

Strategies that address the needs of children and their families include:

Home visiting to pregnant women and families with newborns

Voluntary home visiting programs can help families by strengthening maternal parenting practices, the quality of the child's home environment, and children's development.

Parenting training programs

These programs work to improve the quality of parent-child relationships and strengthen parent and child resilience with one another.

Intimate partner violence prevention

Team dating violence can set the stage for problems in future relationships, including intimate partner violence. Early prevention is needed to help young dating couples report that one-sided relationships that can be learned from about relationships.

Social support for parents

Social support involves providing, seeking, and receiving practical assistance with the tasks of daily living, and social stimulation.

ABC High quality child care

Preschool enrollment is important for long-term development and other outcomes, including earnings. Access to high-quality child care is important, too, as it can offer parents a safe place to work and support a family as well as children's exposure to safe, stable and nurturing relationships and environments.

Sufficient income support for lower income families

Living in poverty and low income conditions can increase the risk for child maltreatment and partner violence. Income supports like cash transfers, tax credits, vouchers for housing, and benefits for children can improve health and income, thereby reducing the risk for child maltreatment and partner violence.

Helpful Links

www.cdc.gov/aces/prevention/index.html
<https://www.research.cdc.gov/index/aces/prevention/>
www.cdc.gov/aces/prevention/essentialsofchildhood/
<https://www.hhs.gov/ohr/aces/prevention/>

Contact Info

deprent@cdc.gov

January 24

 **Kansas Maternal & Child Health**
January 24 · 🌐

Here are smart tips on how to get children to and from school safely, whether they walk, ride the bus, carpool or bike. Simply push play and use the interactive tool on Facebook!



Getting to School Safely by Safe Kids Worldwide
THINGLINK.COM | BY SAFE KIDS WORLDWIDE

January 26

January is National Birth Defects Prevention Month

Birth defects affect us all. What effect will you have on birth defects? Learn more about birth defects visit www.cdc.gov/birthdefects

Birth defects *affect* us all.



What effect will YOU have on birth defects?

- 1 in every 33 babies is born with a birth defect each year.
- The yearly hospital costs for birth defects exceed 2.6 billion dollars.
- 1 in every 5 infant deaths occurs due to birth defects.

Learn more about birth defects.
Visit 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 (NBDPN). The NBDPN is a national network of birth defects programs and individuals working at local, state, and national levels in birth defects surveillance, research, and prevention.

CS25410 A

January 29



January 31

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.

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.

<p>Properly prepare food.</p>  <ul style="list-style-type: none">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.	<p>Talk to your healthcare provider.</p>  <ul style="list-style-type: none">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.
<p>Protect yourself from animals and insects known to carry diseases such as Zika virus.</p>  <ul style="list-style-type: none">When mosquitoes are active:<ul style="list-style-type: none">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.	<p>Maintain good hygiene.</p>  <ul style="list-style-type: none">Wash your hands often with soap and water especially:<ul style="list-style-type: none">Before preparing or eating foodsAfter handling raw meat, raw eggs, or unwashed vegetablesAfter being around or touching pets, and other animalsAfter changing diapers or wiping runny nosesDo 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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