



KANSAS
MATERNAL &
CHILD HEALTH

JULY 2017

FACEBOOK POSTS

July 3

Teaching habits like eating nutritious snacks help set your kids up for a healthy lifestyle.

Eat Smart To Play Hard

Try These Quick and Easy Summer Snacks*

- CARROTS + HUMMUS
- APPLE + PEANUT BUTTER
- DRINK WATER WITH YOUR SNACK INSTEAD OF SUGAR-SWEETENED BEVERAGES.
- BROCCOLI + LOW-FAT VEGGIE DIP
- FRUIT + LOW-FAT YOGURT
- PEACH + LOW-FAT COTTAGE CHEESE
- CHERRY TOMATOES + LOW-FAT CHEESE
- BEAN DIP + BAKED CHIPS

*USDA, 2013. © 2017. If you need the poster in Spanish, click on the link below. For more information on healthy eating, visit www.choosemyplate.gov. Food and Nutrition Research (FNR) #1417 • Revised 2016 • USDA. All rights reserved. Snacks and beverages that are high in added sugars and sodium are not recommended.

JULY 4TH 1776

INDEPENDENCE DAY

INTERESTING FACTS ABOUT OUR NATION'S BIRTHDAY

2013: 316.2 million
1776: 2.5 million

In July 1776, the estimated number of people living in the newly independent nation was 2.5 million.
Source: Historical Statistics of the United States: Colonial Times to 1870

The nation's estimated population on July 4, 2013 is 316.2 million.
Source: US and World Population Clock

July 2, 1776

The Fourth of July commemorates the adoption of the Declaration of Independence. It was initially adopted by Congress on July 2, 1776, but was revised and the final version was adopted two days later. America's second president John Adams believed that July 2nd should have been celebrated as Independence Day instead of July 4th.

July 4, 1777	July 4, 1801	July 4, 1826	July 4, 1870
Philadelphia celebrated the first anniversary with an official dinner for the Continental Congress. Ships in Boston, Baltimore, Savannah, Charleston, Norfolk and New York City harbors were decked with red, white and blue bunting.	The first official Fourth of July party was held at the White House.	John Adams, the second president, and Thomas Jefferson, the third president both signed copies of the Declaration of Independence 50 years prior. (and hours apart) on July 4, 1826.	It took nearly 100 years for Congress to make the Fourth of July an official holiday.

DID YOU KNOW?

- Denmark began throwing a Fourth of July bash in 1912 after thousands of Danes emigrated to the United States, to this day it is still celebrated in Denmark.
- In 1998, Congress passed a bill declaring the 21 days between Flag Day and Independence Day as "Honor America Days."

The Declaration of Independence BY THE NUMBERS

- 56** Number of signers to the Declaration of Independence.
- 70** Benjamin Franklin (age 70) was the oldest of the signers.
- 26** Edward Rutledge (age 26) was the youngest.
- 1** John Hancock, President of the Second Continental Congress, was the first signer.

Source: US News & World Report, The History Channel, United States Census Bureau, Live Science and FlagsandBanners.com resources.

Find more infographics like this one at www.FlagsandBanners.com/content/infographics.asp
 Design by Tammie McCura - FlagsandBanners.com COPYRIGHT 2013
 800 West North Street, Little Rock, AR 72201 - 501-376-7633 www.FlagsandBanners.com

July 4
Happy 4th of July!

July 5

Tomorrow (July 3) is the last day to provide feedback on the 2018 MCH Block Grant! Please take time to review the application and give your input.

2018 MCH Block Grant: <http://tinyurl.com/2018BlockGrant>

Survey: <https://www.surveymonkey.com/r/5GPZQ62>

Kansas Maternal & Child Health Partner

We need your feedback!

As part of the annual Title V Maternal & Child Health (MCH) Services Block Grant program, Kansas is required to provide a federal report and application available to the public for the purpose of gathering input. The purpose of this survey is to collect information, opinions, and perspectives from consumers and partners across the state who are informed of and concerned about the needs of the MCH population, established services and resources, and existing factors that affect the implementation of policy and programs. Find more information about the program and view the application: <http://www.kdheks.gov/bfny/>.

Your input is very important to us and will be kept strictly confidential.

<https://www.surveymonkey.com/r/5GPZQ62>

The survey will close for public input on July 3, 2017 to assure input can be included in our annual Block Grant Application. Thank you for your comments!

KANSAS
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July 7

July is UV safety month. Check out these great tips on choosing a sunscreen to protect yourself and your family from UV rays. For the full article check out: tinyurl.com/choosing-sunscreen

SUN SAFETY

How to Choose Sunscreen

Look for SPF (sun protection factor) numbers on the labels of sunscreens. Select an SPF of 30 or higher to prevent sunburn and tanning, both of which are signs of skin damage.

Choose a sunscreen that protects against both UVA and UVB rays (usually labeled as a broad-spectrum sunscreen.)

Don't use sunscreens with PABA, which can cause skin allergies.

For sensitive skin, look for products with the active ingredient titanium dioxide.

Sunscreen sprays are convenient but should be used with caution. For starters, sprays are easy to breathe in, which can irritate the lungs. Also, sprays can make it hard to tell if you have applied enough sunscreen, which increases the risk of sunburn.

Babies younger than six months should be kept out of the sun. When going outside, dress your baby in lightweight clothes that cover arms and legs—and don't forget a hat. If you can't avoid the sun, you can use a small amount of sunscreen on your baby's exposed skin, like the hands and face.

Information from kidshealth.org/en/parents/sunscreen.html?WT.ac=p-ra#

KANSAS
MATERNAL &
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July 11

It's National Park & Recreation Month! Celebrate by getting outside this weekend. Check out these great tips for having fun and being active outdoors with the family. For the full article check out: tinyurl.com/hiking-with-the-family

ENJOYING THE OUTDOORS WITH YOUR KIDS PT. 2

Tips to make the adventure fun for the whole family.

- == **Pick a leader and make sure to rotate.** Kids love feeling like they are in charge. Have the children take turns leading the group—this is also a great way to make sure the pace is one the kids feel comfortable with.
- == **Make it fun!** The key to hiking success is to keep the kids motivated and having fun—so why not combine the two? Create games that you and your children can play along the way, like “I spy” or a scavenger hunt.
- == **Believe in the power of positive reinforcement.** This is something parents excel at, and it shouldn't be left at the trailhead. Kids need to hear they are doing an awesome job, especially if it's their first time out on the trail.
- == **Leave no trace.** Teach kids to “pack it in, pack it out” by making sure to collect all trash. Gallon size Ziploc bags work well for this.
- == **Hike often!** Start a family tradition of going hiking one or more times a month. Kids love adventure and new things, and hiking is a great way to get the family active while getting quality time together.

Information from wilderness.org/blog/take-your-kids-hiking-10-tips-make-adventure-fun-whole-family



ENJOYING THE OUTDOORS WITH YOUR KIDS PT. 1

Tips to make the adventure fun for the whole family.

- == **Keep it easy & feature-friendly.** Select a hike that isn't too long or strenuous, and pick a trail that has some features, like a lake, stream, or waterfall to keep kids occupied and give them a goal to reach.
- == **Time is your friend—so plan for lots of it.** Kids are natural explorers, so don't rush them. Let them discover and examine things; maybe you'll find something new, too!
- == **Prepare for anything.** This pretty much goes for any hike, regardless of whether or not a child is involved. Make sure you always have extra food, sunscreen, and first aid supplies.
- == **Dress for success.** Check the weather beforehand and dress appropriately. It's a good idea to always bring extra layers and rain jackets for everyone. Make sure your kids are wearing good hiking shoes.
- == **Plan frequent energy stops.** Hiking requires a lot of energy. Make plenty of pit stops to eat snacks and drink some fluids. You can also use energy breaks as a way to keep your child moving by saying, “at that footbridge, we'll take a break and have a snack.”

Information from wilderness.org/blog/take-your-kids-hiking-10-tips-make-adventure-fun-whole-family



July 12

Part 2 of tips on hiking outdoors as a family. Find a park near you and celebrate National Park & Recreation Month! Hiking and walking are a great way to be active and healthy. For the full article check out: tinyurl.com/hiking-with-the-family

July 13

What Vaccines to Expect When You're Expecting



Information for pregnant women

The CDC wants you to know that vaccines are an important part of a healthy pregnancy. Certain diseases can be very serious for you and your developing baby during your pregnancy. Getting vaccines during your pregnancy can help protect you both and provide your newborn with some early disease protection.

Pregnant women should get:

- Flu vaccine
- Whooping cough vaccine (also called Tdap)



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

Your ob-gyn, midwife, or other healthcare professional may recommend other vaccines either before, during, or after your pregnancy. Talk to your healthcare professional about including vaccines as part of a healthy pregnancy.

You can find more information at www.cdc.gov/vaccines/pregnancy

July 17

Remember to limit screen time with your kids, it leads to healthier habits like being physically active. Learn more: thinkbigstartsmallks.com

THINK BIG.
Start Small.
www.thinkbigstartsmallks.com

UNPLUG

SWAP SCREEN TIME FOR ACTIVE PLAY

MAKE SCREEN TIME A REWARD—
not a routine

NO SCREEN TIME BEFORE AGE 2
and no more than two hours of screen time for kids older than 2

Parents can help kids build healthy habits for life.
UNPLUG WHEN THEY'RE UNDER 2!

July 18

 **Kansas Maternal & Child Health**
July 18 at 8:42am · 🌐

All pregnant women should be tested for syphilis at their first prenatal visit. The CDC's video walks healthcare providers through 3 steps to protect their patients! Talk, Test, and Treat.



Reducing Syphilis Rates: A Healthcare Provider's Role

Walks healthcare providers through the three key actions that they can take to help reverse the rising syphilis rates: Talk, Test, and Treat. Comments on thi...

YOUTUBE.COM

July 20

Mental Health First Aid is an 8-hour course that teaches how to help someone who may be experiencing a mental health or substance use challenge. Getting trained can help you better serve and support MCH population groups. Find local courses at <http://tinyurl.com/Courses-Near-You>.

Getting trained in **Mental Health First Aid** can help further MCH's 5-Year State Action Plan! 

- Priority 3:** Developmentally appropriate care and services are provided across the lifespan
- Priority 5:** Communities and providers support physical, social and emotional health
- Priority 6:** Professionals have the knowledge and skills to address the needs of maternal and child health populations
- Priority 7:** Services are comprehensive and coordinated across systems and providers
- Priority 8:** Information is available to support informed health decisions and choices



Get trained in **Mental Health First Aid**

Find a course at: www.mentalhealthfirstaid.org



July 21

Join the Kansas Special Health Care Needs program in a discussion around engaging families as professional partners! Learn more and pre-register at <http://www.kdheks.gov/shcn/meetings/>.



WE WANT TO HEAR FROM YOU!

- CYSHCN and their families
- community partners and providers
- health providers

Kansas Systems of Care for CYSHCN Regional Meetings

assessing the capacity of Kansas to meet the needs of CYSHCN and their families

Are you interested in...

- ...increasing Family Professional Partnerships among the CYSHCN population
- ...engaging families in a meaningful way
- ...serving children and youth with special health care needs (CYSHCN)*



*CYSHCN are those who have, or are at risk for a chronic physical, developmental, behavioral, or emotional condition and who also require health and related services of a type or amount beyond that required by children generally.
~Maternal and Child Health Bureau

Join the Kansas Special Health Care Needs (KS-SHCN) program in a discussion around engaging families as professional partners.

August 1–Overland Park
August 15– Garden City

August 16– Hays
August 24–Independence

August 31– Salina
September 7– Wichita

All meetings will be held from 1:30 to 3:30 pm



RSVP AT
www.kdheks.gov/shcn/meetings

For more information, contact 1-800-332-6262 or kdhe.ksresourceguide@ks.gov.



July 25

July is UV Safety Month! Use these 4 methods to protect your family from the summer sun and decrease their risk of skin cancer.

*If your child is younger than 6 months follow these guidelines instead: <http://tinyurl.com/Babies-and-sun>.

PROTECT ALL THE SKIN YOU'RE IN

Skin cancer is the most common cancer in the United States, **but most skin cancers can be prevented!**

Every year –

- ▶ Nearly **5 million** people are treated for skin cancer at a cost of more than **\$8 billion**.
- ▶ There are about **72,000** new cases of and **9,000** deaths from melanoma, the deadliest form of skin cancer.

PROTECT ALL THE SKIN YOU'RE IN

Exposure to **ultraviolet (UV) rays**—from the sun or from artificial sources like tanning beds—is the most common cause of skin cancer.

Anyone, no matter their skin tone, can get skin cancer.

PROTECT ALL THE SKIN YOU'RE IN

Use a Layered Approach for Sun Protection.

- Sunscreen works best when used with shade or clothes, and it must be re-applied every 2 hours and after swimming, sweating, or toweling off.
- Wear a hat, sunglasses, and protective clothing to shield skin.
- Use broad spectrum sunscreen with at least SPF 15 to protect exposed skin.
- Seek shade, especially during midday hours.

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:

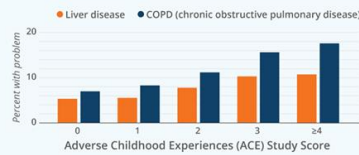


THE STUDY ALSO FOUND

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:



Sources: CDC ACE Study page <https://www.cdc.gov/violenceprevention/acesstudy/> 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).

July 26

Early childhood experiences are an important public health issue. Find child abuse and neglect prevention strategies for states & communities at <http://tinyurl.com/CDCChildAbusePrevention>.

July 28

Today is World Hepatitis Day
To prevent hepatitis the HepB vaccine should be given at birth, while 2 doses of the HepA vaccine are given at 12-23 months and then 6-18 months after the first. (<http://tinyurl.com/CDC-hepA> & <http://tinyurl.com/CDC-HepatitisB>)

STATE OF THE UNION

HEPATITIS A

Hepatitis A is a liver disease that people get through contact with an infected person, or by eating or drinking contaminated food or water, sometimes at restaurants.

Source: <http://vaccinateyourfamily.org/baby-and-child-protection/hepatitis-a>

HEPATITIS B

NEWBORNS THAT BECAME INFECTED WITH HEPATITIS B VIRUS HAVE A

90% CHANCE

OF DEVELOPING

LIFELONG INFECTION.

Learn more about the diseases that can be prevented by vaccines at VaccinateYourFamily.org

ECBT
every child by two

HEPATITIS A

APPROXIMATELY

1 IN 5 PEOPLE

WITH HEPATITIS A

HAVE TO BE HOSPITALIZED.

Learn more about the diseases that can be prevented by vaccines at VaccinateYourFamily.org

ECBT
every child by two

July 31

Booster seats provide the right fit and protection for children who are too big for a car seat but too small for a seat belt. View the graphic larger at <http://tinyurl.com/ybzrew3m>.

What to Know about Booster Seats

Booster seats protect children who are too big for a car seat but too small for a seat belt.

Seat belts don't fit children properly until they are at least 57" (4'9") tall and weigh between 80 and 100 pounds.

Motor vehicle crashes are the second-leading cause of death for children 4 to 10 years old.

340 children this age died in motor vehicle crashes in 2012.

$\frac{1}{3}$ of these children were riding without a restraint that could have saved their lives.

Although seat belts are safer than nothing at all, children who should be in booster seats but wear only seat belts are at risk of **severe abdominal, head and spinal injuries** in the event of a crash.

Booster seats can **reduce the risk** of serious injury by 45 percent compared to seat belts alone.

Safe Kids Worldwide surveyed 1,000 parents of 4 to 10 year olds. The study found **seven in ten parents do not know** that a child should be at least 57 inches (4'9") to ride in a car using a seat belt without a booster seat.

The study revealed 9 out of 10 parents move their child from a booster seat to seat belt **before their child is big enough**.

One in five parents whose children carpool say they **"bend the rules"** when driving, letting children ride without seat belts and without the car seat or booster seat they would normally use.

And **61 percent of parents say they notice other carpool drivers** bending the rules.

Buckle up every ride, every time, in the right seat.

REMEMBER: A child needs to be at least 57" tall (4'9") and weigh between 80 and 100 pounds to ride with just a seat belt.

SAFE KIDS WORLDWIDE

Learn more at www.safekids.org