



KANSAS  
MATERNAL &  
CHILD HEALTH

# JUNE 2018

## FACEBOOK POSTS

### June 4

Your input ensures plans and reports represent our collective efforts statewide! Follow the links to review the MCH Draft Block Grant application and take the feedback survey by June 22.

2019 MCH Block Grant: [www.kdheks.gov/bfh/](http://www.kdheks.gov/bfh/)

Survey: [www.surveymonkey.com/r/gNWNT2H](http://www.surveymonkey.com/r/gNWNT2H)

**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 online at: [www.kdheks.gov/bfh/](http://www.kdheks.gov/bfh/) or [www.kansasmch.org](http://www.kansasmch.org).

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

<https://www.surveymonkey.com/r/9NWNT2H>

The survey will open for public input on June 4 and close on June 22, 2018. Please respond so your input can be included in our annual Block Grant Application. Thank you for your comments!




### June 6

Get kids excited about healthy eating with an activity that incorporates all five of the MyPlate food groups - Fruits, Vegetables, Protein Foods, Dairy, and Grains!

<http://tinyurl.com/ycomdhya>



June 8



KIDSTRAVELDOC.COM

### Are Your Infant's Sleeping Accommodations Safe when you Travel?

Safety alert! When traveling, many parents put their infants to bed in unsafe positions or...

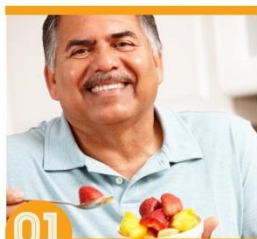
June 11

June is Men's Health Month! Healthy men and dads are important to healthy families. Check out menshealthmonth.org for more resources and information.



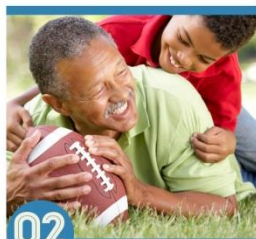
## JUNE IS MEN'S HEALTH MONTH

awareness | prevention | education | family



01

**Eat Healthy.** Start by taking small steps like saying no to super-sizing and yes to a healthy breakfast. Eat many different types of foods to get all the vitamins and minerals you need. Add at least one fruit and vegetable to every meal.



02

**Get Moving.** Play with your kids or grandkids. Take the stairs instead of the elevator. Do yard work. Play a sport. Keep comfortable walking shoes handy at work and in the car. Most importantly, choose activities that you enjoy to stay motivated.



03

**Make Prevention a Priority.** Many health conditions can be prevented or detected early with regular checkups from your healthcare provider. Regular screenings may include blood pressure, cholesterol, glucose, prostate health and more.

**100%**  
Women are 100% more likely than men to visit the doctor for annual exams and preventive services.

**1<sup>in</sup> 2** 1 in 2 men are diagnosed with cancer in their lifetime compared to 1 in 3 women.

**1994** On May 31, 1994 President Clinton signed the bill establishing National Men's Health Week.

"Recognizing and preventing men's health problems is not just a man's issue. Because of its impact on wives, mothers, daughters, and sisters, men's health is truly a family issue."  
Congressman Bill Richardson (May 1994)

In 2000 there were fewer than 80 men for every 100 women by the time they reach age 65 - 74. **80**

### ONLINE RESOURCES

- Men's Health Month [menshealthmonth.org](http://menshealthmonth.org)
- Men's Health Network [menshealthnetwork.org](http://menshealthnetwork.org)
- Get It Checked [getitchecked.com](http://getitchecked.com)
- Talking About Men's Health Blog [talkingaboutmenshealth.com](http://talkingaboutmenshealth.com)
- Women Against Prostate Cancer [womenagainstprostatecancer.org](http://womenagainstprostatecancer.org)

Released for review at  
[www.kdheks.gov/bfh](http://www.kdheks.gov/bfh)



The Kansas Maternal & Child Health  
2019 Title V Draft Block Grant application.

**COMMENTS DUE: June 22**

Please take this opportunity to review the  
draft and answer the **short online survey**:

[www.surveymonkey.com/r/9NWNT2H](http://www.surveymonkey.com/r/9NWNT2H)

**June 12**

The Kansas Maternal and Child Health Draft  
Block Grant application is available at  
[www.kdheks.gov/bfh/](http://www.kdheks.gov/bfh/).

Please take this opportunity to review the draft  
and answer the short online survey no later than  
June 22: [www.surveymonkey.com/r/9NWNT2H](http://www.surveymonkey.com/r/9NWNT2H)



**KEYSummit2018**

*Kansas Empowering Youth & Young Adults*

**June 14**

Have you registered for the  
KEYSummit yet? Registration  
for the June 19-20 event is still  
open!

EVENTBRITE.COM

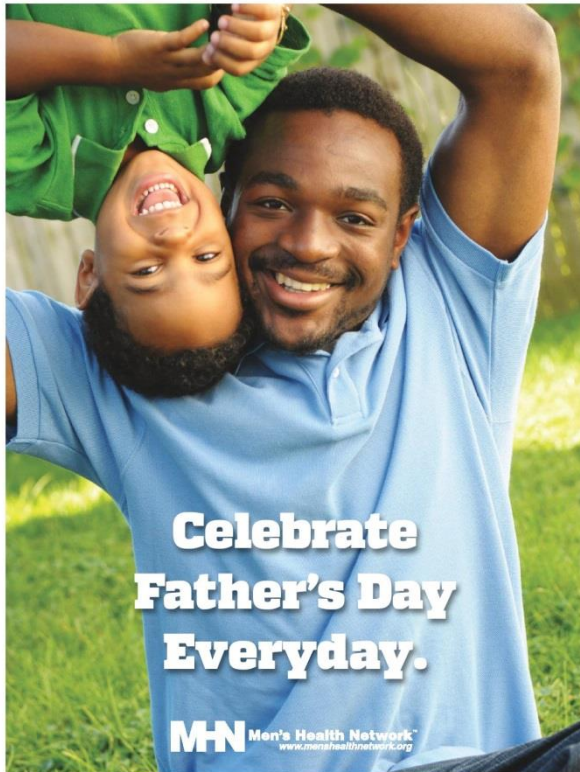
**KEYSummit2018**

The KEYSummit will be an exciting opportunity to learn and share about...

### June 17

Healthy and active dads are a crucial part of a healthy and active family. Encourage the men in your life to set a good example for their kids and take charge of their health.

For resources and information see: [menshealthnetwork.org/](http://menshealthnetwork.org/)



### June 19

ACEs are an important public health issue. Learn how everyone can help prevent ACEs by using strategies to create safe, stable, nurturing relationships and environments for all children. (<https://youtu.be/8gm-INpzU4g>)



YOUTUBE.COM

### **We Can Prevent ACEs**

Childhood experiences, both positive and negative, have a tremendous impact on future violence victimization and perpetration, and lifelong health...

## June 20

By this Friday, June 22 review the Kansas MCH Draft Block Grant draft and answer the short online survey: [www.surveymonkey.com/r/gNWNT2H](http://www.surveymonkey.com/r/gNWNT2H).  
Application is available at [www.kdheks.gov/bfh/](http://www.kdheks.gov/bfh/).



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**KANSAS  
MATERNAL &  
CHILD HEALTH**

Maternal and Child  
Health Services Title V  
Block Grant  
Kansas  
FY 2019 Application/  
FY 2017 Annual Report

The Kansas Maternal & Child Health  
2019 Title V Draft Block Grant application.

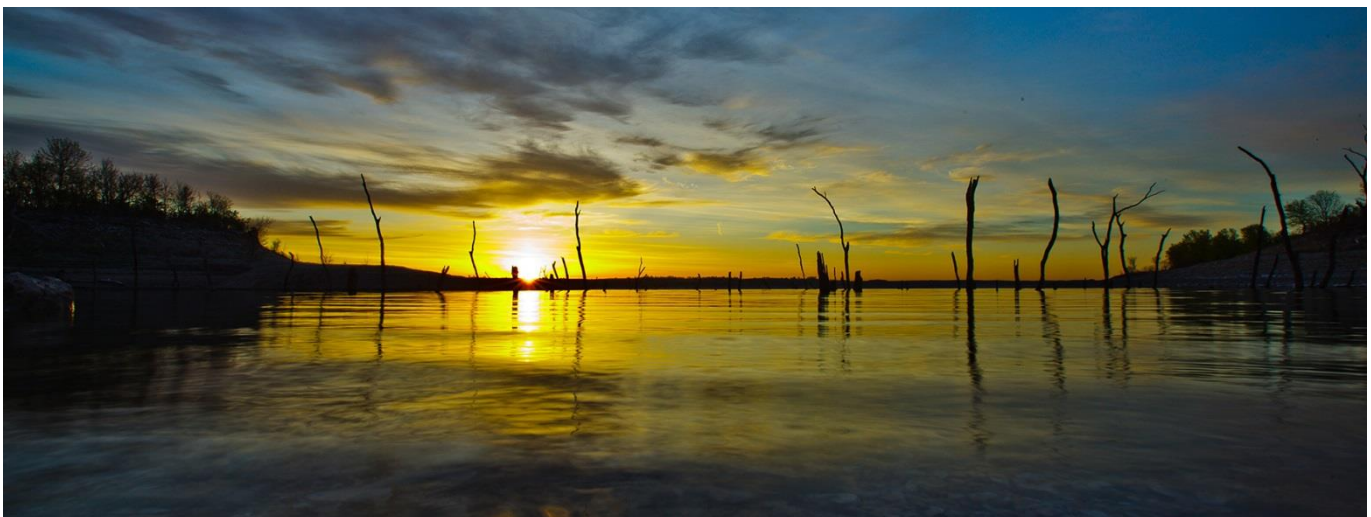
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## June 25

It's Great Outdoors Month! Check out ways and places for families to get active in the Kansas outdoors at [www.travelks.com/things-to-do/nature/](http://www.travelks.com/things-to-do/nature/).



June 25

**Check if your child is up-to-date & fully protected!**

Easy to use immunization schedule:  
[tinyurl.com/CDC-Child-Vaccines](https://tinyurl.com/CDC-Child-Vaccines)

**IKC**  
Immunize Kansas Coalition

The graphic features a blue background with a white grid representing a calendar. The top of the calendar is orange with three grey rings. The text is white and yellow.

Immunize Kansas Coalition  
June 21 · 🌐

Is your child up to date on her shots? Enter your child's birthday on CDC's immunization schedule to see if she is fully protected. Visit [tinyurl.com/CDC-Child-Vaccines](https://tinyurl.com/CDC-Child-Vaccines).

June 27

How your child plays, learns, speaks, acts, and moves offers important clues about your child's development. Milestones in Action can assist parents, early education providers, and healthcare providers identify developmental milestones in children and know when there is cause for celebration or concern.



CDC.GOV

**Learn the Signs. Act Early**

From birth to 5 years, your child should reach milestones in how he plays,...