



MARCH 2017

FACEBOOK POSTS

March 1

March is National Nutrition Month! Celebrate by eating lots of delicious fruits and vegetables. Not only do they taste good, they are healthy too! Check out the full list of benefits for fruits and veggies at: www.choosemyplate.gov/fruits-nutrients-health and www.choosemyplate.gov/vegetables-nutrients-health



March 2

"Trauma-Informed Systems of Care (TISC) – adoption of principles and practices that promote a culture of safety, empowerment, and healing. Based on what we know about the prevalence and impact of trauma, it is necessary to ensure widespread adoption of trauma-informed care." - <http://www.integration.samhsa.gov/clinical-practice/trauma>

Guiding Principles

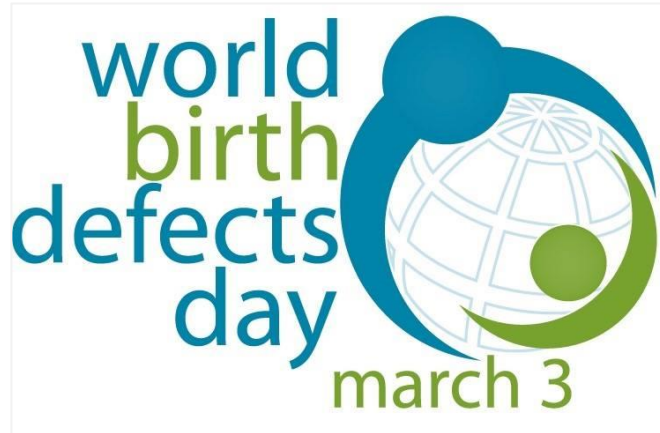
of Trauma-Informed Systems of Care

SAFETY	Throughout the organization, staff and the people they serve feel physically and psychologically safe.
TRUSTWORTHINESS AND TRANSPARENCY	Organizational operations and decisions are conducted with appropriate transparency and the goal of building and maintaining trust among staff, clients, and family members of those receiving services.
PEER SUPPORT AND MUTUAL HELP (RECOVERY)	The organization recognizes the value of "lived experience" by employing peer support staff or by offering peer support groups. Leadership recognizes that all people, and the organization itself, is capable, whole, and resourceful.
COLLABORATION AND MUTUALITY	There is true partnering and leveling of power differences between staff and clients and among organizational staff from direct care staff to administrators. There is recognition that healing happens in relationships and in the meaningful sharing of power and decision-making. The organization recognizes that everyone has a role to play in a trauma-informed approach. One does not have to be a therapist to be therapeutic.
EMPOWERMENT, VOICE AND CHOICE	Throughout the organization and among the clients served, individuals' strengths are recognized, built on, and validated and new skills developed as necessary. The organization aims to strengthen the staff's, clients', and family members' experience of choice and recognizes that every person's experience is unique and requires an individualized approach. This includes a belief in strengths and resilience and in the ability of individuals, organizations, and communities to heal and promote recovery from trauma. This builds on what clients, staff, and communities have to offer, rather than responding to perceived deficits.
CULTURAL, HISTORICAL AND GENDER ISSUES	The organization actively identifies and changes cultural stereotypes and biases (e.g., based on race, ethnicity, sexual orientation, age, geography), offers gender responsive services, leverages the healing value of traditional cultural connections, and recognizes and addresses historical trauma.

SAMHSA http://www.samhsa.gov/samhsaNewsLetter/Volune_22_Number_2/Trauma_tip/guiding_principles.html

March 3

Join us on March 3 to promote World Birth Defects Day to raise awareness of birth defects and expand birth defects surveillance, prevention, care and research worldwide. #WorldBDDay



March 4

Birth Defects may result in long-term disability, which places a significant burden on individuals, families, healthcare systems and societies. Learn what you can do to prevent birth defects here: <https://tinyurl.com/glkrxap> #WorldBDDay

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

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/preconception/showyourlove

CS220960-8

The infographic is titled "MAKING HEALTHY CHOICES TO HELP PREVENT BIRTH DEFECTS" and "Make a PACT for Prevention". It features a central illustration of a woman in a purple dress and a man in a green shirt standing next to a grey baby stroller. To the left, there are two icons: a green apple and a red bowl of cereal. The text "PLAN AHEAD" is written in a blue banner above the icons. Below the icons, the text reads: "Get as healthy as you can before you get pregnant" and "Get 400 micrograms (mcg) of folic acid every day". At the bottom, it says "Making a PACT to get healthy before and during pregnancy can help you have a healthy baby." and includes the CDC logo and website information.

March 6

While you can't avoid stress, you can minimize it by changing how you choose to respond to it. The ultimate reward for your efforts is a healthy, balanced life, with time for work, relationships, relaxation, and fun. Find tips and info at <http://foh.psc.gov/calendar/stress.html>.

March 6

 **Kansas Maternal & Child Health** shared Flint Hills Breastfeeding Coalition's album: Lactation Rooms. March 6 at 1:43pm


One of the most highly effective preventive measures a mother can take to protect the health of her infant is to breastfeed. Thank you to the Flint Hills Breastfeeding Coalition for promoting comfortable and clean lactation rooms in the community and workplace.



Flint Hills Breastfeeding Coalition added 3 new photos from 2017 to the album: Lactation Rooms. 2017

What might you expect from a Lactation Room? A comfortable place to pump your milk, an outlet, a table, a closed and locking door, and a nearby sink. We are pl...

[See More](#)






Take time to unwind...

It's healthy to relax, renew, and rejuvenate.

STRESS HAPPENS.
Sometimes it's unavoidable—at times it's unbearable—and that's why taking time for yourself is indispensable.

FOH.hhs.gov/unwind

March 7

National School Breakfast Week is March 6-10! Children who eat breakfast are more likely to: reach higher levels of achievement in reading and math, retain more of what they learn, and maintain a healthy weight.

<https://schoolnutrition.org/Meetings/Events/NSBW/2017/>

#NSBW17

take the
**SCHOOL
BREAKFAST
Challenge**

Parents:
Are your mornings hectic?
Take advantage of healthy
breakfast options at school.

tots

National School Breakfast Week
March 6-10, 2017
www.schoolnutrition.org/SchoolMeals

@Schoolnutritionassoc
www.facebook.com/TrayTalk
@SchoolLunch

“The School Breakfast Program
Serves over
14 million
children every school day.”

Made possible by Potatoes. Kellogg's SCHOOL NUTRITION ASSOCIATION

#NSBW17

take the
**SCHOOL
BREAKFAST
Challenge**

Padres:
¿Estás siempre apurado en la mañana? Aprovecha las opciones de un desayuno saludable en la escuela.

tots

Semana Nacional del Desayuno Escolar
Marzo 6-10, 2017
www.schoolnutrition.org/SchoolMeals

@Schoolnutritionassoc
www.facebook.com/TrayTalk
@SchoolLunch

“El Programa del Desayuno Escolar atiende a más de
14 millones
de niños cada día escolar.”

Hecho posible por Potatoes. Kellogg's SCHOOL NUTRITION ASSOCIATION

March 9

Nutrition Month & Tips for Pregnant Moms

Making healthy food choices along with regular physical activity will help fuel your baby's growth and keep you healthy during pregnancy. Also, get a daily food plan designed for you! Go to <https://www.choosemyplate.gov/MyPlate-Daily-Checklist-input>. Be sure to select "pregnant or breastfeeding."

Tips for Pregnant Moms

Making healthy food choices along with regular physical activity will help fuel your baby's growth and keep you healthy during pregnancy.

What's on Your Plate?

Before you eat, think about what and how much food goes on your plate or in your cup or bowl. Over the day, include foods from all food groups: vegetables, fruits, whole grains, fat-free or low-fat dairy products, and lean protein foods.

Making Healthy Food Choices

- **Make half your plate fruits and vegetables.** Choose a variety, including dark-green and red and orange vegetables and beans and peas.
- **Make at least half your grains whole.** Choose whole grains in place of refined grains.
- **Switch to skim or 1% milk.** Choose fat-free or low-fat milk and milk products, such as milk, yogurt, cheese, or fortified soy beverages.
- **Vary your protein food choices.** Choose seafood, lean meat and poultry, eggs, beans and peas, soy products, and unsalted nuts and seeds.
- **Use oils to replace solid fats where possible.**
- **Make choices that are low in "empty calories."**

What are "empty calories"? They are calories from added sugars and solid fats in foods. Some foods with empty calories:

- Candy
- Desserts
- Sweets
- Fried foods
- Ice cream
- Sugar-sweetened soft drinks/soda
- Biscuits
- Hot dogs
- Soft drinks/soda
- Fruit drinks/tea



Visit Your Doctor Regularly — Doctors Recommend

- Pregnant women and women who may become pregnant should avoid alcohol, smoking, and drug use.
- Take a prenatal vitamin and mineral supplement every day in addition to eating a healthy diet.
- Feed your baby only breast milk for the first 6 months.

How Much Weight Should I Gain?

The total amount of weight gained depends on your weight when you become pregnant. If your weight was in the healthy range, you should gain between 25 and 35 pounds. If you were overweight or underweight before becoming pregnant, the advice is different. Check with your doctor to find the total amount that is right for you.

You should gain weight gradually—1 to 4 pounds total during the first 3 months and 2 to 4 pounds per month during the 4th to 9th months.



USDA is an equal opportunity provider and employer.

Daily Meal Plan

The Plan shows slightly more amounts of food during the 2nd and 3rd trimesters because you have changing nutritional needs. This is a general Plan. You may need more or less than the Plan.*

Food Group	1st Trimester	2nd and 3rd Trimesters	What counts as 1 cup or 1 ounce?
Eat this amount from each group daily.*			
Vegetables	2½ cups	3 cups	1 cup raw or cooked vegetables or 100% juice 2 cups raw leafy vegetables
Fruits	2 cups	2 cups	1 cup fruit or 100% juice ½ cup dried fruit
Grains	6 ounces	8 ounces	1 slice bread 1 ounce ready-to-eat cereal ½ cup cooked pasta, rice, or cereal
Dairy	3 cups	3 cups	1 cup milk 8 ounces yogurt 1½ ounces natural cheese 2 ounces processed cheese
Protein Foods	5½ ounces	6½ ounces	1 ounce lean meat, poultry, or seafood ½ cup cooked beans ½ ounce nuts or 1 egg 1 tablespoon peanut butter

* If you are not gaining weight or gaining too slowly, you may need to eat a little more from each food group. If you are gaining weight too fast, you may need to cut back by decreasing the amount of "empty calories" you are eating.

Get a Daily Plan for Moms designed just for you. Go to www.ChooseMyPlate.gov for your Plan and more. Click on "Pregnant & Breastfeeding Women."

Being Physically Active

Unless your doctor advises you not to be physically active, include 2½ hours each week of physical activity such as brisk walking, dancing, gardening, or swimming. The activity should be done at least 10 minutes at a time, and preferably spread throughout the week. Avoid activities with a high risk of falling or injury.



Seafood Can Be a Part of a Healthy Diet.

Omega-3 fats in seafood have important health benefits for you and your unborn child. Salmon, sardines, and trout are some choices higher in Omega-3 fats.

- Eat 8 to 12 ounces of seafood each week.
- Eat all types of tuna, but limit white (albacore) tuna to 6 ounces each week.
- Do not eat tilefish, shark, swordfish, and king mackerel since they have high levels of mercury.

Learn about other nutrition assistance programs: <http://www.benefits.gov/>

Consejos para Mamás Embarazadas

Elegir alimentos saludables junto con actividad física lo ayudará a estimular el crecimiento de su bebé y la mantendrá sana durante el embarazo.

¿Qué Hay en Su Plato?

Antes de comer, piense en qué y cuánto comida va a poner en su plato, taza o tazón. Durante el día, incluya comida de todos los grupos de alimentos: vegetales y verduras, frutas, granos enteros, productos lácteos libres o bajos en grasa, y alimentos con proteínas magras.

Elegir Alimentos Saludables

- **Llene la mitad de su plato con frutas y vegetales.** Elija una variedad, incluyendo vegetales verde oscuro, rojas, naranjas, frijoles (judías) y chícharos (guisantes).
- **Que al menos la mitad de sus granos sean enteros.** Elija granos enteros en lugar de granos refinados.
- **Cambie a leche descremada o al 1%.** Elija leche y productos lácteos libres o bajos en grasa, como leche, yogurt, queso o bebidas de soya fortificadas.
- **Varié su selección de alimentos proteínicos.** Elija mariscos, carne magra y aves, huevos, frijoles (judías) y chícharos (guisantes), productos de soya, nueces y semillas sin sal.
- **Cuando sea posible reemplace grasas sólidas con aceites.**
- **Seleccione alimentos bajos en "calorías vacías."**

¿Qué son "calorías vacías"? Son calorías de los azúcares y grasas sólidas añadidas a los alimentos. Algunos alimentos con calorías vacías:

- Dulces
- Postres
- Cereales endulzados
- Galletas
- Frituras
- Hot dogs
- Helado
- Refrescos/soda
- Bebidas de frutas
- O te azucaradas



Visite a Su Médico Regularmente — Los Médicos Recomiendan

- Las mujeres embarazadas y las que puedan quedar embarazadas deben evitar el alcohol, fumar o usar drogas.
- Tome diariamente un suplemento prenatal con vitaminas y minerales, además de mantener una dieta sana.
- Alimente a su bebé únicamente con leche materna durante los primeros 6 meses.

¿Cuánto Peso Debería Aumentar?

La cantidad total del aumento de peso depende de su peso cuando se embarazó. Si su peso estaba dentro del rango saludable, debe aumentar entre 25 y 35 libras. Si tenía sobrepeso o estaba por debajo del peso antes del embarazo, la recomendación es distinta. Consulte con su médico para saber su cantidad total correcta.

Debe aumentar de peso gradualmente—de 1 a 4 libras totales durante los primeros 3 meses y de 2 a 4 libras al mes durante los meses 4 a 9.



USDA es un proveedor y empleador que ofrece igualdad de oportunidades.

Plan Diario de Alimentación

El plan muestra cantidades un poco mayores de comida durante el segundo y tercer trimestre porque usted tiene necesidades nutricionales cambiantes. Este es un plan general. Puede ser que necesite más o menos de lo que marca el plan.*

Grupo Alimenticio	1er Trimestre	2º y 3er Trimestre	¿Qué se considera 1 taza o 1 onza?
Consuma esta cantidad de cada grupo al día.*			
Vegetales	2½ tazas	3 tazas	1 taza de verduras crudas o cocidas o jugo 100% 2 tazas de vegetales de hoja crudas
Frutas	2 tazas	2 tazas	1 taza de fruta o jugo 100% ½ taza de fruta seca
Granos	6 onzas	8 onzas	1 rebanada de pan 1 onza de cereal listo para comer ½ taza de pasta, arroz o cereal cocido
Lácteos	3 tazas	3 tazas	1 taza de leche 8 onzas de yogurt 1½ onzas de queso natural 2 onzas de queso procesado
Alimentos Proteínicos	5½ onzas	6½ onzas	1 onza de carne magra, ave o mariscos ½ taza de frijoles cocidos (judías cocidas) ½ onza de nueces o 1 huevo 1 cucharada de manteca de cacahuate (maní)

* Si no está aumentando de peso o lo hace muy despacio, puede que necesite consumir un poco más de cada grupo alimenticio. Si está aumentando demasiado rápido, puede ser que necesite reducir la cantidad de "calorías vacías" que está consumiendo.

Obtenga un Plan Diario para Mamás diseñado sólo para usted. Visite www.ChooseMyPlate.gov para su plan y más. Haga clic en "Pregnant & Breastfeeding Women."

Estar Físicamente Activa

A menos que su médico le aconseje que no esté activa físicamente, incluya 2½ horas cada semana de actividad física como caminar rápidamente, bailar, actividades de jardinería o nadar.

La actividad debe hacerse al menos 10 minutos a la vez, y de preferencia a lo largo de la semana. Evite actividades con alto riesgo de caídas o lesiones.



Los Mariscos Pueden Ser Parte de Una Dieta Sana.

Las grasas Omega-3 en los mariscos tienen beneficios importantes de salud para usted y su bebé aún no nacido. Salmón, sardinas, y trucha son algunas de las variedades más ricas en grasas Omega-3.

- Coma de 8 a 12 onzas de mariscos a la semana.
- Coma todos los tipos de atún, pero limite el atún blanco (albacora) a 6 onzas por semana.
- No coma blanquillo, tiburón, pez espada ni macareta rey debido a que contienen altos niveles de mercurio.

Conozca acerca de nuestros programas de asistencia nutricional: <http://www.benefits.gov/>

March 12

March 12-18 is Patient Safety Awareness Week

This week will serve as a dedicated time and platform for growing awareness about patient safety. The National Patient Safety Foundation is kicking off its United for Patient Safety campaign, which will highlight and reinforce that all of us within the health care system have a role to play in keeping patients safe and free from harm.

http://www.unitedforpatientsafety.org/about_the_campaign



March 13

A sick child can be a scary thing – especially for new parents. Here's a quick guide: when these 6 signs and symptoms strike, it may be time to make a trip to the hospital. It's also important to know what to expect once you get to the ER, so read more at <http://kidshealth.org/en/parents/emergency-room.html#>.

6 SIGNS YOUR CHILD SHOULD GO TO THE ER

A sick child can be a scary thing – especially for new parents. Here's a quick guide: when these 6 signs and symptoms strike, it may be time to make a trip to the hospital.

- FEVER**
Rectal temp higher than 100.4°F in infants under 3 months
Showing signs of dehydration
Fever induced seizures
Acting significantly different
- STIFF NECK**
With other symptoms, it could be an early sign of meningitis or Lyme disease. Watch for:
Numbness in the back or arms
Fever over 100 degrees
Sensitivity to light
Vomiting or drowsiness
- WIDESPREAD RASH**
If a skin irritation won't clear up after a few days, head to the ER if:
Trouble breathing
Fever, swelling or blistering
Headache or joint pain
Abnormal bleeding
- TUMMY TROUBLES**
Make the trip to the ER if your little one is:
Drowsy, weak or faint
Has a hard or swollen belly
Has a tender abdomen or unable to walk
Unable to pass stool, especially if they are vomiting
- TROUBLE BREATHING**
Seek immediate care if your child:
Has choked on an object
Is using their belly to breathe
- BUMPS, BRUISES & BROKEN BONES**
Bump on the head? Watch for these signs:
Dizziness, vomiting, drowsiness
Inability to speak/slurred speech
Inability to balance when sitting or standing
Changes in personality or behavior

It might be a broken bone if you see:
Loss of movement in limb
Bone pushing through skin
Area around bone is cold or pale

REMEMBER: You have good instincts as a parent. When in doubt - call the doctor!

sharecare sponsored by FASTERTX.COM

March 14

March is National Nutrition Month

Getting 400 micrograms (mcg) of folic acid every day at least a month before becoming pregnant can help prevent serious birth defects of the brain and spine. To learn more about folic acid visit:

<http://www.cdc.gov/ncbddd/folicacid/about.html>

March 17

Child traumatic stress occurs when children and adolescents are exposed to traumatic events, situations, or disasters that overwhelm their ability to cope. Find help and resources at

<https://www.cdc.gov/childrenindisasters/parents.html>.



FOLIC ACID AND YOU: Your Healthy Pregnancy

Folic acid is a B vitamin. Getting 400 micrograms (mcg) of folic acid every day at least a month before becoming pregnant can help prevent serious birth defects of the brain and spine. Here are three ways to get the recommended daily amount of this important nutrient:

MAKE IT QUICK!

A fast way to get your daily dose of folic acid is to take a multivitamin every day. Check the label to be sure it contains the recommended daily amount of 400 mcg.



MAKE IT EASY!

Many breakfast cereals contain 100% of the recommended daily amount of folic acid per serving. Check the label to be sure.



MAKE IT DELICIOUS!

Give your vitamin intake a boost by enjoying a healthy smoothie. Blend together these ingredients for a nutritious tropical smoothie: 1 small banana, ½ cup mango, ½ cup pineapple, ¼ cup orange juice, and ice.



TO LEARN MORE ABOUT FOLIC ACID, VISIT

<http://www.cdc.gov/ncbddd/folicacid/about.html>



U.S. Department of Health and Human Services
Division of Nutrition, Physical Activity, and Obesity
National Center for Chronic Disease Prevention and Control

10/2014

March 19

March 19-25 is National Poison Prevention Week. As you begin spring cleaning and work on the yard, follow these simple tips to keep your family safe. <https://poisonhelp.hrsa.gov/resources/materials/index.html>

POISON Help.
1-800-222-1222

SEASONAL TIPS
SPRING

PoisonHelp.hrsa.gov
When accidents happen with chemicals or medicine, call Poison Help (1-800-222-1222). Get help right away from a nurse, pharmacist, or other poison expert. If someone has trouble breathing, call 911 or your local emergency ambulance number right away.

As you begin spring cleaning and work on the yard, follow these simple tips to keep your family safe:

Household Cleaners and Other Chemical Products

- Keep poisons in the containers they came in. Do not use food containers (such as cups or bottles) to store household cleaners and other strong chemicals.
- Store strong chemicals away from food. Many poisonings occur when one product is mistaken for another.
- Read and follow the directions for use of products. Do this **BEFORE** using the products. Follow the advice carefully.
- Never mix chemicals. Doing so can create a poisonous gas.
- Turn on fans and open windows when using strong chemicals.
- When spraying chemicals, direct spray nozzle away from people and pets.
- Never sniff containers to see what's inside.
- Discard old or outdated products. First aid advice on containers may be incorrect and outdated.
- Call Poison Help (1-800-222-1222) to double check first aid information.
- Even in small amounts, windshield wiper fluid is poisonous. If swallowed, it can cause blindness or death to people and pets.
- Strong chemicals can burn the skin. Drain openers, toilet cleaners, rust removers, and oven cleaners can cause such burns.
- Hydrocarbon liquids (liquids made from petroleum) are poisonous. They include gasoline, kerosene, charcoal lighter fluid, paint thinner, baby oil, lamp oil, and furniture polish.

Hydrocarbons


- If hydrocarbons are swallowed, they can easily get into the lungs. Even a small amount can cause breathing problems. The liquid coats the inside of the lungs. That prevents oxygen from entering the blood stream.

Mushrooms

- Only experts can tell poisonous mushrooms from safe mushrooms.
- Poisonous mushrooms, called "death caps," often grow in yards and parks.
- Eating even a few bites of certain mushrooms can cause liver damage that can kill you.

Pesticides

- Pesticides (pest killers) can be taken in through the skin or inhaled. Even leather shoes and gloves do not offer full protection. Pesticides can be extremely poisonous. Stay away from areas that have been sprayed until the spray has dried or for at least one hour.
- Wear protective clothing when using bug spray or other spray products. Put on a long-sleeve shirt, long pants, socks, shoes, and gloves. Remove and wash clothing after using chemicals.
- If pesticides are splashed onto the skin, rinse with running water for 15-20 minutes. If pesticide contacts clothing, take off the clothing before rinsing skin.
- Many garden chemicals are poisonous to children and adults. These chemicals can be harmful if swallowed or inhaled.




March 20


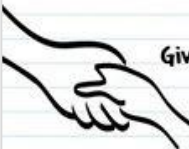




March 23

Disasters can leave children feeling frightened, confused, and insecure. Whether a child has personally experienced trauma, has merely seen the event on television or has heard it discussed by adults, it is important for parents and teachers to be informed and ready to help children cope with crisis. Read more about these 10 Tips at savethechildren.org/cope.

 Save the Children.

How to Help Children Cope with a Crisis

- Limit Television Time.
- Listen to your children carefully. 
- Give children reassurance.
- Be alert for significant changes in behavior.
- Understand children's unique needs.
- Give your children extra time and attention. 
- Be a model for your children. 
- Watch your own behavior.
- Help your children return to a normal routine.
- Encourage your children to do volunteer work.

 Read more online at www.savethechildren.org/cope

March 27

 **Kansas Maternal & Child Health**
March 27 at 7:04am · 🌐

March is [National Nutrition Month](#)

This video reminds us of the importance of bringing kids into the kitchen to learn lifelong cooking and food safety skills. Start with these age-appropriate tasks and enjoy spending time together!



Cooking with Kids

Bring kids into the kitchen to learn lifelong cooking and food safety skills. Start with these age-appropriate tasks and enjoy spending time together!

EATRIGHT.ORG



**AN ALCOHOL-FREE PREGNANCY
IS THE BEST CHOICE FOR YOUR BABY.**

What we know:

- There's no known safe amount of alcohol use during pregnancy or while trying to get pregnant.
- All types of alcohol are equally harmful, including all wines and beer.
- Alcohol can cause problems for a developing baby throughout pregnancy, including before a woman knows she's pregnant.

What can happen:

- Drinking alcohol during pregnancy can cause miscarriage, stillbirth, and a range of lifelong physical, behavioral and intellectual disabilities. These disabilities are known as fetal alcohol spectrum disorders (FASDs).

What you can do:

- FASDs are completely preventable if a woman does not drink alcohol during pregnancy.
- For more information, visit www.cdc.gov/fasd or call 800-CDC-INFO.



When a pregnant woman drinks alcohol, so does her baby. Why take the risk?

March 28

Fetal alcohol spectrum disorders (FASDs) are a group of conditions that can occur in a person whose mother drank alcohol during pregnancy. These effects can include physical, behavioral, and learning problems. Remember, there is also no safe time to drink during pregnancy. <https://www.cdc.gov/ncbddd/fasd/>

March 29

An international conference was held earlier this month to enhance understanding of the relationships between knowledge and research and critical actions related to fetal alcohol spectrum disorder (FASD). Click the image for more information and conference presentations.



7th International Conference on Fetal Alcohol Spectrum Disorder | Interprofessional Continuing Education

From the pure science, to prevention, diagnosis and intervention across the lifespan, the conference will address the implications of this research and...

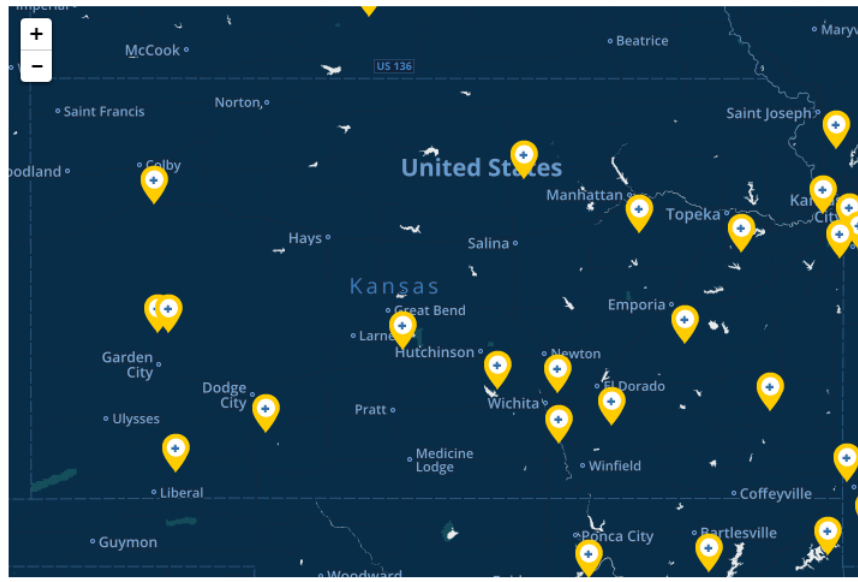
INTERPROFESSIONAL.UBC.CA

March 29

Below is a snapshot of Child Advocacy Centers in the U.S., provided by Child Advocacy Center of Sedgwick County. Use this interactive tool, view child safety tips, and learn more information on their site at: <http://www.cacsckansas.org/>
<http://www.cacsckansas.org/safety-tips.html>.

Child Advocacy Centers in the U.S.

Below is an interactive map of the child advocacy centers across the U.S. Zoom in to the your area to find a local center near you.



March 31

When pregnant, a woman's immune system is reduced. This places her and her unborn baby at increased risk of contracting the bacteria, viruses, and parasites that cause foodborne illness. This is why doctors provide pregnant women with specific guidelines to foods that they should and should not eat. Learn more at <https://www.foodsafety.gov/risk/pregnant/index.html#>.

FOOD SAFETY for Baby and Me

Learn the food safety steps that will keep expecting moms safe from foodborne illness.

FOODS TO AVOID WHILE PREGNANT			SAFE INTERNAL COOKING TEMPERATURES
Foods to Avoid	Here's Why	Foods to Eat	
Raw seafood	May contain parasites or bacteria	Fish cooked to 145 °F	145 °F Beef, pork, veal and lamb steaks, roasts and chops with a 3 min rest time. Fish
Unpasteurized juice, cider and milk	May contain E. coli or Listeria	Pasteurized versions are safer alternatives.	
Soft cheese and cheese made from unpasteurized milk	May contain E. coli or Listeria	Hard cheese & cheese made with pasteurized milk	160 °F Egg dishes Ground beef, pork, veal and lamb
Undercooked eggs	May contain Salmonella	Eggs with firm yolks	
Premade deli salads (egg, pasta, chicken, etc.)	May contain Listeria	Make these dishes at home	165 °F Whole, ground, or pieces of chicken, turkey and duck
Raw sprouts	May contain E. coli or Salmonella	Cook thoroughly	
Cold hot dogs and luncheon meats	May contain Listeria	Reheat until 165 °F or steaming hot	
Undercooked meat and poultry	May contain E. coli, Salmonella, Campylobacter, Toxoplasma gondii	Meat and poultry at or above the USDA recommended internal temperature	

DANGERS OF LISTERIA AND TOXOPLASMA GONDII

Listeria monocytogenes Pregnant women are **10 times more likely** to get Listeriosis.

Toxoplasma gondii 50% of Toxoplasmosis infections in the U.S. are acquired from food.

These foodborne illnesses can infect your baby even if you do not feel sick.

Listeriosis can cause:	Toxoplasmosis can cause babies to develop:
Miscarriages	Hearing loss
Premature labor	Blindness
Low birth weight	Mental retardation
Infant death	Brain or eye problems later in life

REMEMBER Clean: Wash hands and surfaces often. Separate: Keep raw meat and poultry separate from ready-to-eat foods. Cook: Cook foods to the proper internal temperature. Chill: Get leftovers to the fridge within 2 hours of being cooked.

USDA | Ad Council | For more food safety tips, go to [FoodSafety.gov](http://www.FoodSafety.gov) | ADDITIONAL SOURCE: CDC