

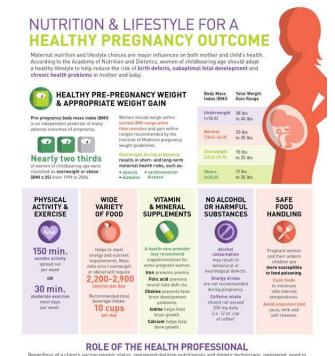
NOVEMBER 2016

FACEBOOK POSTS

November 2

This infographic is from the Academy of Nutrition and Dietetics. For more information on healthful eating during pregnancy visit

http://www.eatright.org/resources/health/pregnancy.



November 5

During pregnancy many women develop gestational diabetes. It's important to follow your doctor's advice regarding blood glucose levels while you're planning your pregnancy, so you and your baby both remain healthy.

right. and Dietetics

www.eatright.org

SOURCES:
Position of the Academy of Nutrition and Cietotics: "Nutrition and Lifestyle for a Healthy Pregnancy Dutcome" (Auty 2014)

Learn about gestational diabetes at: http://tinyurl.com/diabetesduringpregnancy

Gestational diabetes doesn't need to be taken seriously, as it will disappear after a woman gives birth.



FACT

It puts both mother and child at a higher risk of developing type 2 diabetes later in life.



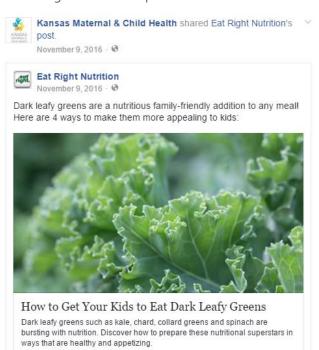
Packing home-made lunches can help promote the health of you and your family, plus it can also save money! Learn more at wellnessliveshere.org

4 SIMPLE STEPS TO PACKING A HEALTHY LUNCH



November 9

Shared Eat Right Nutrition's post.



November 10

November is National Healthy Skin Month. Follow the tips in this infographic to maintain healthy skin throughout the year.

TIPS FOR NATIONAL HEALTHY SKIN MONTH

YOUR SKIN IS YOUR BODY'S LARGEST ORGAN, SO IT'S IMPORTANT TO TAKE GOOD CARE OF IT.

Keep your skin in good shape during National Healthy Skin Month in November — and all year-round — by following these TIPS from the American Academy of Dermatology.





EATRIGHT.ORG

If you notice anything suspicious on your skin or if you have a question about skin care, see a board-certified dermatologist.

Visit aad.org to get more skin care tips and find a board-certified dermatologist near you.

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Happy Veterans Day from Kansas Maternal and Child Health!

Happy Veterans Day

Remembering All Who Served

November 17

Premature birth is the leading cause of death in children under the age of five worldwide. World Prematurity Day brings more attention and urgency to global initiatives to address preterm birth. http://www.marchofdimes.org/miss.../world-prematurity-day.aspx#

Proud to support #worldprematurityday



The March of Dimes Prematurity Campaign aims to reduce preterm birth rates across the United States. The Report Card grades are assigned by comparing the 2015 preterm birth rate in a state to the March of Dimes goal of 8.1 percent by 2020. To see the full Kansas Report visit: http://www.marchofdimes.org/mis.../prematurity-reportcard.aspx

2016 PREMATURE BIRTH REPORT CARD



The March of Dimes Prematurity Campaign aims to reduce preterm birth rates across the United States.

Premature Birth Report Card grades are assigned by comparing the 2015 preterm birth rate in a state or locality to the March of Dimes goal of 8.1 percent by 2020. The Report Card also provides county and race/ethnicity data to highlight areas of increased burden and elevated risks of prematurity.

COUNTIES

Counties with the greatest number of births are graded based on their 2014 preterm birth rates.

County	Preterm birth rate	Grade
Douglas	9.1%	В
Johnson	7.9%	А
Riley	7.6%	А
Sedgwick	9.7%	С
Shawnee	9.5%	С
Wyandotte	9.8%	С

November 22



Kansas Maternal & Child Health

November 22, 2016 · 🚱

Isn't it amazing how many tissues and bowls of soup your family can go through in one season? Don't assume, though, that your child's cough is simply a cold it might be something more serious. Here's when to worry and what to do.



How Bad Is That Cough? 7 Bad Coughs to Worry About

Isn't it amazing how many tissues and bowls of soup your family can go through in one season?

PARENTS.COM



Kansas Maternal & Child Health

November 23, 2016 - @

Instilling a sense of gratitude in children is an important part of healthy social-emotional development and has many long-term benefits. This article gives five important tips on thankfulness, including being a good role model, accentuating the positive, and helping your children help others.



Teaching kids to be grateful may have long-term benefits even though it's not easy

Thanking people is good manners — at least that's what I've tried to impress on my kids — but it may also lead to better, healthier lives....

WAPO.ST

November 24

Happy Thanksgiving from Kansas Maternal & Child Health!





Kansas Maternal & Child Health

November 28, 2016 - @

November is National Healthy Skin Month

Babies and children can get dry skin just like adults do. In fact, because young skin is more delicate, it's more susceptible to becoming dry. View this article to learn about simple ways to protect your child's skin.



Dry skin in children | BabyCenter

Why your child may have dry skin and how to treat it.

BABYCENTER.COM

November 29



Kansas Maternal & Child Health

November 29, 2016 · 🚱

Taking care of yourself, working with your doctor, and getting your home ready are a few ways you can prepare for a healthy pregnancy. Vaccines are also an important part of every pregnancy because they help protect you and your baby from preventable diseases.

Learn more by visiting http://www.cdc.gov/vaccines/pregnancy/index.html.



Healthy Pregnancy Tips From the CDC

Taking care of yourself, working with your doctor, and getting your home ready are a few ways you can prepare for a healthy pregnancy. You should also...

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