



KANSAS
MATERNAL &
CHILD HEALTH

NOVEMBER 2017

FACEBOOK POSTS


November 3

Prevent fresh fruits and vegetables from spoiling with these produce storage tips!

Get


Fresh

WITH FRUITS & VEGETABLES




American Heart Association
life is why™


Stretch your produce and your dollars by knowing how to store fresh fruits and vegetables.



1



2



3

THE AMERICAN HEART ASSOCIATION RECOMMENDS

4-5 SERVINGS of fruits and vegetables each per day.

Don't wash, cut or peel until you're ready to eat (except lettuce and greens).

Fridge temperature should be at 40° F or below.

Always refrigerate cut or peeled produce.

PANTRY 1

Pack away in a cool, dark place like your pantry or cellar:

<p>ONIONS, GARLIC & SHALLOTS</p> <p>HARD SQUASH <i>(Winter, Acorn, Spaghetti, Butternut)</i></p>	<p>SWEET POTATOES, POTATOES, & YAMS</p> <p>WATERMELON</p>
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REFRIGERATOR 3

Store in plastic bags with holes, in your produce drawer, unless noted:

<p>APPLES & PEARS</p> <p>BEETS & TURNIPS <i>Remove greens and keep loose in the crisper drawer.</i></p> <p>BERRIES, CHERRIES & GRAPES <i>Keep dry in covered containers or plastic bags.</i></p> <p>BROCCOLI & CAULIFLOWER</p> <p>CARROTS & PARSNIPS <i>Remove greens.</i></p> <p>CELERY</p> <p>CORN <i>Store inside their husks.</i></p> <p>CUCUMBERS, EGGPLANT & PEPPERS <i>Store on the upper shelf, which is the warmer part of the fridge.</i></p>	<p>FRESH HERBS <i>Except basil. Keep stems moist and wrap loosely in plastic.</i></p> <p>GREEN BEANS</p> <p>LETTUCE & LEAFY GREENS <i>Wash, spin or pat dry, wrap loosely in a dishtowel or paper towels and place in a plastic bag in vegetable drawer. Keep stems moist.</i></p> <p>MELONS</p> <p>MUSHROOMS <i>Keep dry and unwashed in store container or paper bag.</i></p> <p>PEAS</p> <p>ZUCCHINI & SUMMER/ YELLOW SQUASH</p>
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COUNTERTOP 2

Store loose and away from sunlight, heat and moisture:


<p>BANANAS</p> <p>CITRUS FRUIT <i>Store lemons, limes, oranges and grapefruit loose or in a mesh bag. Refrigerate for longer storage.</i></p>	<p>STONE FRUIT <i>Ripen avocados, apricots, nectarines, peaches and plums in a paper bag, then move to the fridge where they'll last a few more days.</i></p> <p>TOMATOES</p>
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KEEP THEM APART:

- Fruits like apples, bananas and pears give off ethylene gas, which can make other produce ripen and rot faster.
- Store vegetables and fruits separately.
- Keep apples, bananas, broccoli, cauliflower, cucumbers, onions, pears, potatoes and watermelon away from other produce.



American Heart Association's Simple Cooking with Heart is nationally sponsored by



FOR MORE TIPS ON HEALTHY EATING, COOKING AND RECIPES:
HEART.ORG/SIMPLECOOKING

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November 8

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: www.cdc.gov/ncbddd/folicacid/about.html

November 9

Shared KIDS Network's Post

NEW INFANT SAFE SLEEP GUIDELINES

The American Academy of Pediatrics has updated the standards for infant safe sleep to further protect against SIDS and sleep related infant deaths. Here's what YOU need to know.

1 SAME ROOM, SEPARATE BED

Babies should share a room with parents, but not the same sleeping surface, preferably until the baby turns one, and at least for the first six months. Room-sharing decreases the risk of SIDS by as much as 50%.

2 BACK

Place baby on his or her back on a firm surface, such as a crib or bassinet, with a taut sheet and mattress.

3 CLUTTER-FREE CRIB

Avoid use of soft bedding, including crib bumpers, blankets, pillows and soft toys. The crib should be bare.

4 BREASTFEED

Breastfeeding is recommended as added protection against SIDS. After feeding, AAP encourages parents to move baby to his or her separate sleeping place, preferably a crib or bassinet in the parents' bedroom.

5 SKIN-TO-SKIN

Skin-to-skin care is recommended, regardless of feeding or delivery method, immediately following birth for at least an hour as soon as the mother is medically stable and awake.

6 PACIFIER

Offer a pacifier at nap time and bedtime, after one month of age and breastfeeding has been well-established.

7 AVOID HOME MONITORS

Do not use home monitors or commercial devices, including wedges or sleep positioners, marketed to reduce the risk of SIDS.

8 TUMMY TIME

Supervised, awake tummy time for baby is recommended daily to facilitate development.

9 HEALTHY ENVIRONMENT

Avoid baby's exposure to smoke, alcohol and illicit drugs. Infants should receive all recommended vaccinations for added protection against SIDS.

Source: American Academy of Pediatrics, October 24, 2016



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www.KidsKS.org

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
Centers for Disease Control and Prevention

November 10

You have the power to protect your child against measles with the safe and effective MMR vaccine. Children should get the first of two doses of MMR vaccine, starting at 12 -15 months of age (CDC).

November 11



Measles




IT ISN'T JUST A LITTLE RASH

Measles can be dangerous, especially for babies and young children.

MEASLES SYMPTOMS TYPICALLY INCLUDE

- High fever (may spike to more than 104° F)
- Cough
- Runny nose
- Red, watery eyes
- Rash breaks out 3-5 days after symptoms begin





Measles Can Be Serious

 <p>About 1 out of 4 people who get measles will be hospitalized.</p>	 <p>1 out of every 1,000 people with measles will develop brain swelling due to infection (encephalitis), which may lead to brain damage.</p>	 <p>1 or 2 out of 1,000 people with measles will die, even with the best care.</p>
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You have the power to protect your child.

Provide your children with **safe** and **long-lasting protection** against measles by making sure they get the **measles-mumps-rubella (MMR) vaccine** according to CDC's recommended immunization schedule.

WWW.CDC.GOV/MEASLES

November 13

Since children younger than 6 months cannot get a flu vaccine, the best way to protect them is to make sure people around them are vaccinated against the flu this season. (<https://go.usa.gov/xRptc>)

SYMPTOMS OF FLU

- Fever*
- Cough
- Sore throat
- Runny or stuffy nose
- Feeling feverish/chills
- Muscle or body aches
- Headaches
- Fatigue (tiredness)

#FIGHT FLU

www.cdc.gov/flu

*Not everyone with flu will have a fever.

November 13

November is Eat Smart Month! You don't have to be an experienced cook to prepare healthy meals at home. Pictured are some tips to get you started! (tinyurl.com/Eat-Smart-Month)



EAT SMART AT HOME

Healthy habits start at home. When you prepare and cook meals at home:

- 1) you're in control of what you and your family are eating,
- 2) you can get inventive and inspired with your culinary creations, and
- 3) you save money.

Pretty much a no-brainer. So let's bring cooking back to life!

You don't have to be an experienced cook to prepare healthy meals at home. Here are some tips to get you started.

- + Get inspired by healthy cookbooks, cooking shows and blogs, and try new recipes that will "wow" your family. Check out heart.org/recipes for hundreds of delicious, simple, affordable and quick dishes.
- + Choose healthier meats and proteins, like fish, chicken, and beans. If you eat red meat, choose lean and extra-lean cuts and trim off as much fat as you can before cooking.
- + Add color to your meals with fruits and vegetables. Sneak 'em in if you have to. And they all count! Fresh, frozen, canned and dried are all good choices, just watch out for excess salt and added sugars.
- + Make healthy substitutions when you can. Take baby steps over time to replace less-healthy ingredients in your family favorites.
- + Break up with sneaky salt and learn new ways to give food great flavor, including herbs, spices and other seasonings.
- + Upgrade your fats. Use healthy vegetable oils instead of butter, lard and tropical oils.
- + Stock up. For hassle-free healthy meals in a hurry, be prepared with a well-stocked kitchen. This means always having some basic ingredients in your cabinets, pantry, fridge and freezer. It can save time and worry on those busy days when you don't have a chance to get to the grocery store.
- + Learn new cooking methods and techniques. Brush up your skills with videos online or take a cooking class with friends. Instead of frying, learn how to infuse flavor into foods cooked in healthier ways, like baking, grilling, roasting and steaming.



Healthy For Good™

November 14

Getting a flu shot during pregnancy can help protect your baby from flu for several months after birth. tinyurl.com/CDC-Flu-Pregnancy

Results of CDC's 2016-2017 Internet panel survey of pregnant women

Half of pregnant women protect themselves and their babies against flu. Time to bump it up!



With only half of pregnant moms getting their flu shot, too many remain unprotected.

Flu shots help protect pregnant women and their babies from potentially serious flu illness during and after pregnancy.

During the 2016-2017 flu season, an estimated 50%* of pregnant women in the U.S. protected themselves and their babies from flu by getting a flu shot. While this is a significant improvement since the years before the 2009 pandemic, about half of pregnant women and their babies, still remain unprotected from influenza.

We can do better. All pregnant women need flu shots to protect themselves and their babies.

Influenza vaccination coverage among pregnant women aged 18-49 years**



Influenza season	Vaccination coverage (%)
10/11	48
11/12	49
12/13	50
13/14	51
14/15	50
15/16	49
16/17	50

If you're pregnant, a flu shot:

- is recommended at any time during your pregnancy
- can reduce your risk of getting sick from flu
- can protect your baby from flu for several months after birth

Pregnant women also need a whooping cough (Tdap) shot. Talk to your doctor.

Get vaccinated to protect yourself and your baby.

www.cdc.gov/flu/protect/vaccine/pregnant.htm

NCIRD1705 | 10/25/17 *https://www.cdc.gov/flu/fluview/pregnant-women-nov2016.htm **Sources: 2007-2010 BRFSS, 2010-11-2016-17 Internet Panel Survey.

November 16

Shared Immunize Kansas Coalition's Post

Protect Babies from Whooping Cough

Whooping cough (pertussis) is a respiratory infection that can cause severe coughing or trouble breathing.

Whooping cough is deadly for babies.

About half of infants who get whooping cough are hospitalized!

Whooping cough cases across the U.S. have been on the rise since the 1990s.

I got my whooping cough vaccine and will encourage everyone caring for my baby to get a shot, too!

This vaccine helps protect you from whooping cough and passes some protection to your baby.

Create a circle of protection around your baby

Everyone needs whooping cough vaccine:

- Parents
- Brothers & sisters
- Childcare providers
- Grandparents

Your baby needs whooping cough vaccine at:

- 2 months
- 4 months
- 6 months
- 15 months
- 18 months
- 4 years
- 6 years

Make sure your baby gets all 5 doses of whooping cough vaccine on time

You can get whooping cough vaccines at a doctor's office, local health department, or pharmacy

Like it? Tell a friend! It's important!

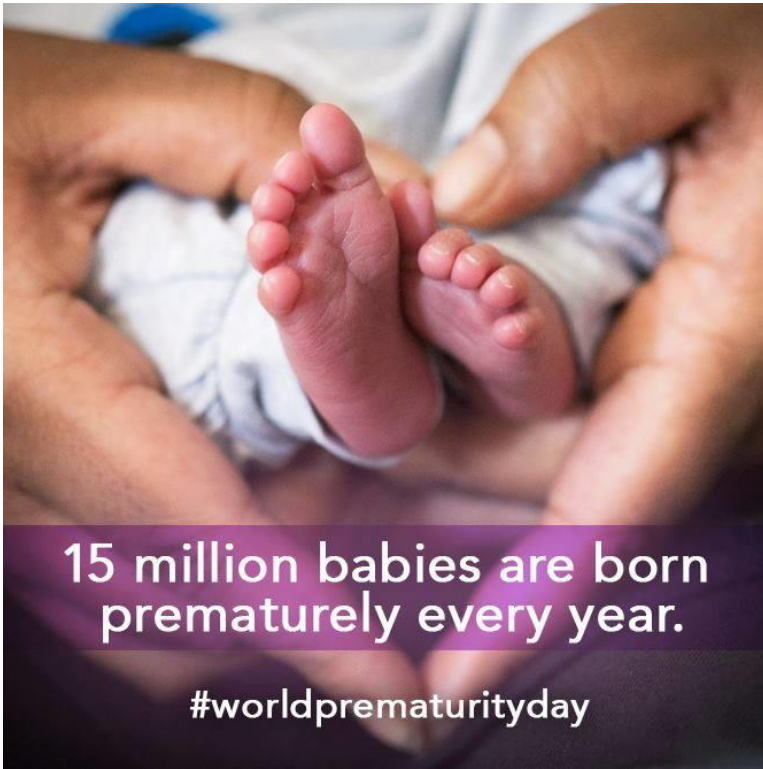
www.cdc.gov/whoopingcough

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

NCIRD 19301.ppt4 | 3.11.13

November 17

Babies born too early may face long-term health problems that affect the brain, the lungs, hearing or vision. World Prematurity Day raises awareness of this serious health crisis (<http://tinyurl.com/Prematurity-Day>).



15 million babies are born prematurely every year.

#worldprematurityday

November 20

 **Kansas Maternal & Child Health** ...
November 20 · 🌐

Adverse Childhood Experiences (ACEs), can have devastating, long-lasting effects on children's health and well being. In the U.S. nearly half of the children under age 18 have experienced at least one of nine types of ACEs. Learn more about the latest data: <http://rwjf.ws/2ypd4WC>



Adverse Childhood Experiences

The Robert Wood Johnson Foundation is working to increase awareness and understanding of the impact of adverse childhood experiences and the need to develop effective innovative interventions.

RWJF.ORG

November 21

You're invited to attend the Help Me Grow Kansas Summit on December 7th in Wichita! Attend the summit and learn about promoting optimal child development through advancing early screening and linkage to services. Learn more about Help Me Grow: www.helpmegrownational.org.

You Are Invited



December 7, 2017
10:00 a.m. – 4:00 p.m.

Wichita Marriott
9100 Corporate Hills Dr. Wichita,
KS 67207

Lunch Provided

Join us to learn more about what
this initiative can bring to your
community!

RSVP or Questions

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*Join the work to promote optimal child development through
advancing early screening and linkage to services.*



Early childhood professionals, health care providers, parents, educators, state and local children's agencies, and information and referral networks are invited to attend summit to learn more about this exciting new initiative in Kansas.

**Join us for a day of learning, collaboration and building partnerships in
our communities.**

- Receive education from Help Me Grow National Center.
- Hear from a panel of early childhood professionals from Kansas
- Engage in group work and plan how to leverage this initiative in your community.



Kansas Maternal & Child Health

November 21 · 🌐

Congratulations to Kansas Department of Health and Environment for achieving national accreditation through the Public Health Accreditation Board (PHAB)!



Kansas Department of Health and Environment
Awarded National Accreditation Through the Public
Health Accreditation Board PHAB-Accredited Health...

KHAP2.KDHE.STATE.KS.US

November 23



November 27

Remember to have babies sleep alone, on their back, and in a clutter-free crib every time. To find out more about what safe sleep is, visit www.kidsks.org/safe-sleep.html.



November 30

Learn about what the Help Me Grow initiative can bring to your community. Join us on December 7th for the Help Me Grow Kansas Summit in Wichita!



A BETTER FUTURE FOR ALL CHILDREN BEGINS WITH HELP ME GROW

Advancing Developmental Promotion, Early Detection & Linkage to Services

www.HelpMeGrowNational.org

**STRONG FAMILIES
CONNECTED COMMUNITIES
BUILDING HELP ME GROW SYSTEMS NATIONWIDE**



WHY HELP ME GROW MATTERS

Experts agree: Early detection and connection to services lead to the best outcomes for children with developmental or behavioral challenges.

Early detection is critical for the 12 to 16 percent of all American children who experience developmental or behavioral problems. Families and providers need support in navigating the complex array of community-based services and supports available to promote children's optimal health and wellness.

HOW HELP ME GROW WORKS

The Help Me Grow system builds on existing resources to ensure communities identify vulnerable children and link families to community-based programs and services through the implementation of four Core Components:

- Child Health Care Provider Outreach**, providing office-based training to support early detection and intervention, and use of the HMG call center.
- Family and Community Outreach** promotes HMG, facilitates provider networking, and bolsters children's healthy development through families.
- A Centralized Access Point** serves as the hub to link children and their families to community based services and supports, while providing seamless care coordination.
- Ongoing Data Collection and Analysis** helps identify gaps in and barriers to the system, and continuous quality improvement processes refine all aspects of the system.



THE HELP ME GROW SYSTEM SUPPORTS CHILDREN, FAMILIES, PROVIDERS AND COMMUNITIES IN VITAL WAYS.

Providers and families have the information, resources, and support they need to help their children succeed.

Child health care, early care & education, and human service providers can identify vulnerable children and partner with families to support them.

Public officials and other stakeholders can address gaps in available services and build adequate capacity to meet the needs of children and families.

Communities can see a high rate of return for investments in quality early childhood systems through improved short- and long-term outcomes.



"One of the most attractive characteristics of Help Me Grow is that it is elegant in its simplicity."
Dr. Paul Diecker, Founder, Help Me Grow

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Summit

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