



KANSAS
MATERNAL &
CHILD HEALTH

OCTOBER 2016

FACEBOOK POSTS

October 3

Kansas Maternal & Child Health wishes you a Happy Child Health Day! On the first Monday of October, we observe the importance of physical, social, and emotional health in children and their families.



October 5

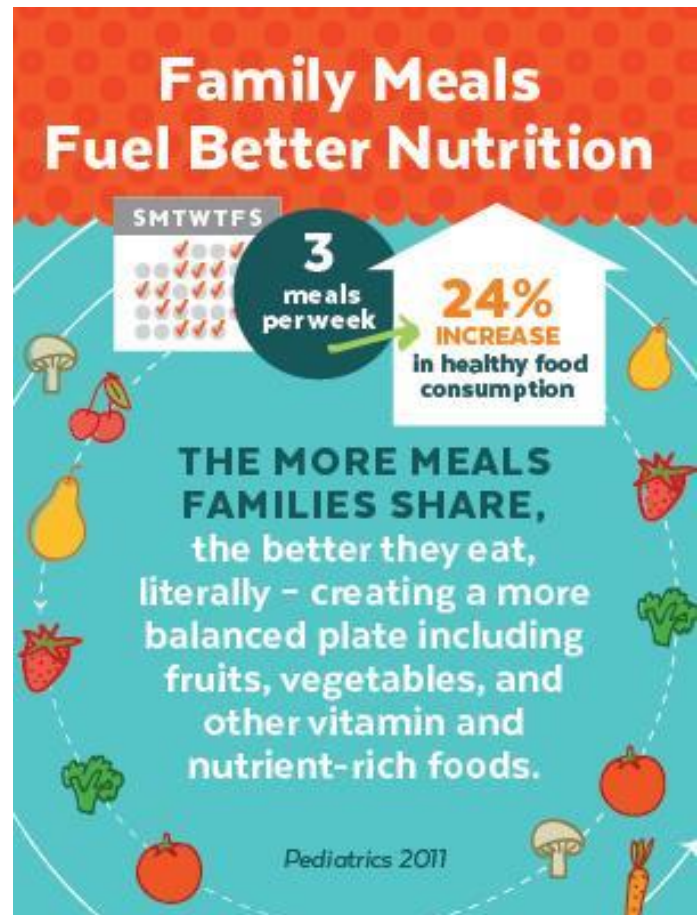
It's important to choose healthy foods and get the nutrients you need as you age. For more information from MyPlate see: www.choosemyplate.gov/older-adults



October 5

"Kids and teens who share meals with their family three or more times per week or significantly less likely to be overweight, more likely to eat healthy foods, and less likely to have eating disorders."

For more information see: www.fmi.org/family-meals-month/meals-matter



October 6



Kansas Maternal & Child Health

October 6, 2016 · 🌐

October is SIDS Awareness Month.

Learn about infant deaths from Sudden Infant Death Syndrome and other causes, and take action to reduce the risk. Start by always placing babies on their backs when putting them to sleep.

<http://www.cdc.gov/features/sidsawarenessmonth/>



Sudden Infant Death Syndrome (SIDS)

October is SIDS Awareness Month. Learn more about the problem and the risk factors.

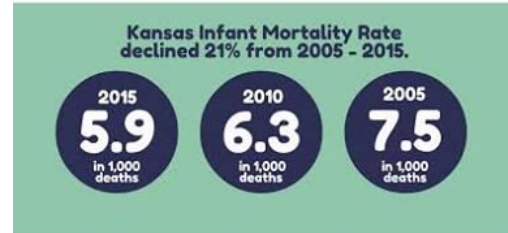
CDC.GOV

October 7

The Kansas Infant Mortality Rate has declined by 21% from 2005-2015, hitting an all-time low! Help further reduce infant deaths in Kansas by spreading the #SafeSleep message. Visit <http://www.kidsks.org/> to learn about supportive services and community education regarding infant death and SIDS.



Kansas Infant Mortality Rate Hits Historic Low



KIDS Network connected with 13,475 community members through outreach and bereavement support in 2015.



In 2015, the KIDS Network provided safe sleep training to 4,623 caregivers & professionals.

440  

440 pregnant moms in Kansas who completed training on maternal & infant health, breastfeeding & smoking cessation, received a free portable crib at Safe Sleep Community Baby Showers in 2015.

You can help further reduce infant deaths in Kansas by spreading the #SafeSleep message.

 **CONNECT WITH US**
@KidsNetworkKS

 **LEARN MORE**
KidsKS.org

October 7

Shared Kansas State Department of Education's post

 **Kansas Maternal & Child Health** shared Kansas State Department of Education's video. October 7, 2016

The Kansas State Board of Education and the Kansas State Senate designated the first full week in October as Anti-Bullying Awareness Week. This week is an opportunity to create awareness and address the harm that bullying creates.

October is also National Bullying Prevention Awareness Month. Use this month to serve as a reminder that bullying prevention must be addressed through educating ourselves, our communities, and the youth in our lives.



1,046 Views

Kansas State Department of Education Like Page
September 28, 2016

The Kansas State Board of Education and the Kansas State Senate have designated the first full week in October as Anti-Bullying Awareness Week. KSDE joins all K...

See More

October 9

This week is National School Lunch Week!
October 10th-14th
Healthy school lunches help students power through the day! Remember to include more whole grains, fruits and vegetables, low-fat dairy products, lower sodium foods, and less saturated fat in your child's lunch.

SCHOOL LUNCH SHOW YOUR SPIRIT!
NATIONAL SCHOOL LUNCH WEEK
OCTOBER 10-14, 2016

More than **30 million** students enjoy healthy lunches every school day.

Today's school lunches meet strict nutrition standards including limits on calories, sodium and unhealthy fats. *School meals must offer...*

3/4 cup of vegetables with every lunch

One cup of 1% or fat-free milk

Entrées must include whole grains and lean protein

#SchoolLunch

One 1/2 cup serving of fruit daily.

#NSLW16

www.schoolnutrition.org/SchoolMeals

@Schoolnutritionassoc
@SchoolLunch
www.facebook.com/TrayTalk

SCHOOL NUTRITION ASSOCIATION

October 11

October is Breast Cancer Awareness Month
Other than skin cancer, breast cancer is the most common cancer among American women. Knowing your cancer risk and being proactive about your health may help you take steps to lower your risk for getting breast or ovarian cancer, or find it at an early stage.
For more information from the CDC visit <http://tinyurl.com/breastcancerfacts>.

BRING YOUR **brave.**

Take Action to Lower Your Breast and Ovarian Cancer Risk

Knowing your cancer risk and being proactive about your health may help you take steps to lower your risk for getting breast or ovarian cancer, or find it at an early stage.

October 12

Each year 272 million school days are missed due to diarrhea. A good handwashing habit can help keep students healthy and ready to learn. Teach your kids to make handwashing a habit and learn more about Global Handwashing Day at www.globalhandwashingday.org.

A graphic with a light blue background and a white box. At the top right, there are three small icons: a blue water drop, an orange hand, and a green hand. The text inside the box reads: "KIDS MISS 272 MILLION SCHOOL DAYS DUE TO DIARRHEA EACH YEAR." Below this, it says "Simple handwashing with soap keeps kids healthy and ready to learn." and "Make handwashing a habit: It improves education." At the bottom, there is a logo of a stack of books and the hashtag "#GlobalHandwashingDay".

October 13

Always remember the ABC's when putting your child to sleep safely.

A: Alone - The safest place for your baby to sleep is in the room with you, but not in your bed.

B: Back - Placing babies on their backs is the #1 way to reduce the risk of SIDS.

C: Crib - Place your baby in a safety-approved crib free from toys, blankets, and pillows.

For more information visit <http://www.kidsks.org/safe-sleep.html>

The ABC's of Safe Sleep



Alone, on their **B**ack, and in a **C**rib

October 14

Shared KIDS Network, Inc's post



Kansas Maternal & Child Health shared KIDS Network, Inc.'s photo.

October 14, 2016



Is it okay to give my baby a pacifier at night?

YES! Binkies actually reduce the risk of SIDS, possibly by preventing babies from falling into an extremely deep sleep. The American Academy of Pediatrics recommends that you consider giving your child a pacifier at night and for naps during his first year. If you're breastfeeding, don't introduce a pacifier until baby is 1 month old and nursing well.

KIDS Network, Inc.

October 10, 2016


Is it okay to give my baby a pacifier at night? See what the American Academy of Pediatrics has to say visit <http://bit.ly/1UES7cL>

October 17

October is Breast Cancer Awareness Month
The American Cancer Society encourages regular breast cancer screening to find breast cancer early, when it is most likely to be curable. Follow this this cancer screening guideline and visit <http://tinyurl.com/earlycancerdetection> to learn more.

October 15


Make handwashing a habit! Each year, there are 1.7 billion cases of childhood diarrhea worldwide. Diarrhea may be a minor inconvenience in some places, but in many countries it kills. But there is good news! The simple act of handwashing with soap can reduce the risk of diarrheal disease by up to 47%, but only if it's done consistently. Learn more at www.globalhandwashingday.org.



EACH YEAR,
1.7 MILLION
CHILDREN DIE FROM
DIARRHEA & PNEUMONIA.

Handwashing with soap can prevent these by up to a half and a quarter respectively.

Make handwashing a habit. It saves lives!



#GlobalHandwashingDay



New Breast Cancer Screening Guideline for women with average risk



AGE 40

Talk with your doctor about when to begin screening. **Women should have the opportunity to begin screening** if they choose.



AGE 45

Begin **yearly mammograms** by age 45.



AGE 55

Transition to mammograms **every other year** at age 55 or continue with annual mammography, depending on your preferences.



AGE 55 +

Continue to have regular mammograms for as long as you're in good health.

LEARN MORE ABOUT BREAST CANCER SCREENING


October 19

October is Breast Cancer Awareness Month

Knowing your family history of cancer, from both your mother's and father's sides, can help you know if you have a higher risk for getting breast or ovarian cancer at a young age.

For more information from the CDC visit <http://tinyurl.com/breastcancerfacts>.

Learn Your Family History of Cancer



Asking relatives about their cancer histories can be hard. Follow these tips:

1. Share that you have learned that cancers can run in families.
2. Explain that you are creating a record of your family's history of cancer.
3. Encourage family members to respond in a way that is most comfortable to them.
4. Word your questions carefully, be a good listener, and respect their privacy.
5. Write down who had cancer, age when diagnosed, and type of cancer.

www.worldosteoporosisday.org

LOVE YOUR BONES



Protect your future

Your long-term bone and muscle health starts now!
Take early action through regular exercise, a bone-healthy diet,
and by consulting your doctor about osteoporosis risk.

International Osteoporosis Foundation | World Osteoporosis Day October 20 | [LOVE YOUR BONES](#) | [#LoveYourBones](#)



October 20

Today is World Osteoporosis Day

Did you know that approximately 50% of bone mass is accumulated during adolescence making it a critical time for bone building? Whether mother or child, building strong bones early in life and throughout your lifetime will enable you to continue doing the things you enjoy for longer!

Click the link for 5 osteoporosis prevention tips:

<http://worldosteoporosisday.org/prevention/5-steps>

October 21



Kansas Maternal & Child Health

October 21, 2016 ·

October is Healthy Lung Month

Are you trying to quit smoking while pregnant? Quitting smoking before or during pregnancy is one of the most important steps you can take to increase your baby's chances of a healthy lifetime.

It's never too late to quit. Get resources to help here:

The infographic features a photograph of a woman and a young boy. To the left of the photo, there are four bullet points with red arrows:

- Fewer coughs and chest colds
- Lower chance of getting bronchitis or pneumonia
- Fewer ear infections
- Less frequent and less severe asthma, if they have asthma

To the right of the photo, there are two more bullet points with red arrows:

- Miss fewer days of school because of asthma attacks and respiratory (breathing) illnesses
- Are less likely to be smokers as adults

Below the photo, the text reads: "HOW DOES YOUR STATE RATE?"

At the bottom of the infographic, it says: "Quit Smoking for Mom & Baby" and "Quitting smoking before or during pregnancy is one of the most important steps you can take to increase your baby's chances of a healthy lifetime. It's never too late to quit." Below that is the website "WOMEN.SMOKEFREE.GOV".

October 24

October is National Dental Hygiene Month

Here are some great tips on how to take care of your child's teeth when they are teething and their pearly whites are coming in! To learn more visit <http://tinyurl.com/earlyhealthyhabits>.

The infographic has a teal background. On the left, there is a large yellow toothbrush. In the top right corner, there is the Kansas Maternal & Child Health logo. The main text reads: "Is your baby teething?" followed by "Here are some tips for taking special care of their new pearly whites."

- Wipe infant's gums or teeth with a soft cloth after breast or bottle feeding.
- Brush a child's teeth with a small amount of toothpaste, especially before bedtime (Fluoride is okay once the child is over two years old).
- Avoid putting the baby to bed with a bottle or sippy cup holding anything but water.
- Avoid saliva-sharing behaviors (sharing spoons, toothbrushes, etc).

At the bottom, there is a small line of text: "Information taken from Healthy Mothers, Healthy Babies, Emerging Science Webinar: The Importance of Perinatal Oral Health. www.hmh.org/wp-content/uploads/2012/10/Webinar13.pdf"

October 26

Kansas Maternal and Child Health's final 5-Year State Action Plan is now available! These 8 priorities are the goals of KMCH for 2016-2020!
<http://www.kansasmch.org/>



KANSAS TITLE V MATERNAL & CHILD HEALTH MATERNAL & CHILD HEALTH 5-YEAR STATE ACTION PLAN

2016-2020



MCH
DOMAINS


WOMEN
MATERNAL


PERINATAL
INFANT


CHILD


ADOLESCENT


CYSHCN


CROSS-CUTTING
LIFE COURSE

October 28



Kansas Maternal & Child Health shared School Mental Health Initiative's photo.

October 28, 2016 · 🌐

School Mental Health Initiative's Resource "provides Kansas school communities – school, parents, and community partners – with information to support the social, emotional, behavioral, and mental health needs of children within a multi-tier system of supports."

View: An infographic on the Resource at https://ksdetasn.s3.amazonaws.com/.../TASN_ATBS_SMHI_Resource...

Find more resources and information at <http://www.ksdetasn.org/smhi>



School Mental Health Initiative

October 26, 2016 · 🌐

👍 Like Page

Have you had a chance to view our School Mental Health Resource? This document provides Kansas school communities with information on a variety of topics inclu...

[See More](#)

October 31



Kansas Maternal & Child Health

October 31, 2016 · 🌐

On Halloween carry a flashlight or glow stick and use crosswalks! Follow more of [Safe Kids Worldwide's](#) tips so you and your children remain safe and seen this Halloween!



Be Safe, be seen on Halloween

Be safe and be seen this Halloween.

SAFEKIDS.ORG