



KANSAS
MATERNAL &
CHILD HEALTH

SEPTEMBER 2016

FACEBOOK POSTS

September 2

It's Family Meals Month! Family meals are important for the physical and emotional health of each individual family member, and the family as a whole!

Family Meals Foster Emotional Balance

FREQUENT FAMILY MEALS increase self-esteem, sense of wellbeing, positive social behaviors and stronger family connections.

FAMILY CONNECTION INCREASE



The Journal of Paediatric Child Health - Nov. 2013

Signs of a Healthy Family Home

Eat Healthy.

Small steps lead to big changes. With a balanced approach, even the busiest families can discover ways to eat healthier and feel better.

Information from: www.coam-month.org



September 4

September is National Childhood Obesity Awareness Month! One way to help your kids maintain a healthy weight is by eating healthy as a family.

For more information see: www.coam-month.org

September 7

Being physically active is key to a healthy lifestyle and a healthy weight!
For more information see: www.coam-month.org

Signs of a Healthy Family Home

Play Every Day.

Play may be the best way to prevent childhood obesity. By putting more play into your family's day, you will soon find yourself getting the activity that will have your family feeling energized and strong.

Information from: www.coam-month.org



September 8

September is National Ovarian Cancer Awareness Month! Learn your family history, go in for check ups regularly and choose a healthy lifestyle. All of these things could help you prevent ovarian cancer or help you find it early enough to treat.
For more information from the CDC see: www.cdc.gov/BringYourBrave

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.

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.

Understand Genetic Counseling and Testing

Genetic counseling and testing are recommended for women whose family medical history has certain patterns of cancer.

What is Genetic Counseling?
Genetic counseling can help you understand your risk based on your personal and family medical history.

You will discuss things like:

- If a genetic test is right for you.
- Specific tests that might be used and their accuracy.
- Possible genetic test results and next steps.
- How a test result might not give you all the information you need.
- The emotional risks and benefits of genetic testing.
- How genetic test results may affect other family members.

What is Genetic Testing?
Genetic testing helps you learn if your family history of breast cancer is due to a specific inherited gene mutation. It's done with a blood or saliva sample, at a doctor's office, hospital, or clinic.

DID YOU KNOW?
Inherited mutations are thought to play a role in 8-10% of breast and 10-15% of ovarian cancers.

UNDERSTANDING THE RESULTS

Average Risk High Risk

Genetic test results are a factor in determining overall risk. Results can help you understand your risk of getting breast and ovarian cancers and steps you can take to reduce your risk. A positive test result does not mean you will definitely get breast or ovarian cancer. If you test negative for a specific gene mutation, you still may be at an increased risk for breast or ovarian cancer.

Make Healthy Lifestyle Choices

- Maintain a healthy weight
- Get enough physical activity
- Breastfeed your babies

Increase the chance of finding breast cancer early, when it's easier to treat.

- Know how your breasts normally look and feel.
- Talk to your doctor right away if you notice changes in your breast.
- Talk to your doctor if you have a higher risk, including a family history of cancer.

www.cdc.gov/BringYourBrave
#BringYourBrave

September 9

Family time is good for everyone and one way to get that time is at meals. For more information check out: www.fmi.org/family-meals-month/meals-matter

Family Meals Fend Off Risky Behaviors

SMTWTFS

3 meals per week

The more families share meals, **THE LESS LIKELY** their kids are to drink alcohol, smoke or use marijuana.

4x 3x 2x

"Family Meals Annotated Bibliography," Pennsylvania Nutrition Education Network

Signs of a Healthy Family Home

September 12

Get outside and get active!

For more information on the National Childhood Obesity Month see www.coam-month.org.

Go Outside.

Good things happen when we unplug and go outside to play together. Kids and adults benefit from contact with nature as well as unstructured play and exploration.

Information from: www.coam-month.org



Signs of a Healthy Family Home

Get Together.

Strong relationships are one of the cornerstones of health and well-being, and few relationships are as important as those between adults and children. The time and attention that you invest now will help your children learn, grow, and thrive.

Information from: www.coam-month.org



September 14

Take time to be together as a family.
For more information see www.coam-month.org

September 16

Wondering how to make dinner and still have time to make it a family meal? Supermarkets and grocery stores are great ways to find recipes, fresh prepared meals and other meal ideas.

Making Family Meals Happen Is Easier Than You Think

SUPERMARKETS offer shopper solutions to combat barriers that challenge the goal of having one more family meal per week.



90% of retailers offer fresh prepared foods

95% offer cooking demos/**86%** offer cooking classes



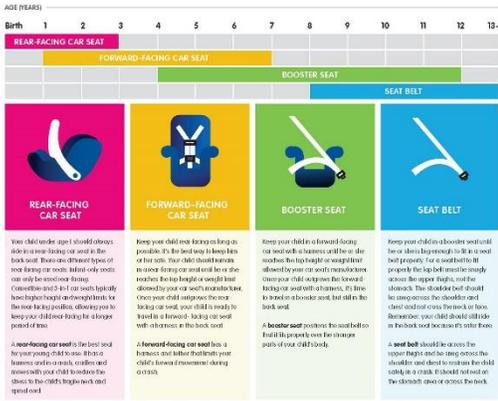
100% offer recipes

2014 U.S. Food Retailing Industry Speaks Report
FMI 2014 Health & Wellness Report

September 18

This week is Child Passenger Safety Week (Sept. 18-24)! Car seats and boosters are important in giving you children all the protection they need. Use tinyurl.com/find-which-seat to determine which car seat or booster is appropriate for your children.

Car Seat Recommendations: Choosing the Right Seat



Car crashes are a leading killer of children ages 1 to 12.

In crashes from 2007-2011, 3,461 children under 13 in cars, SUVs, vans, and pick-ups were killed. An estimated 634,000 children under 12 were injured.

That's more than the population of Boston, MA.

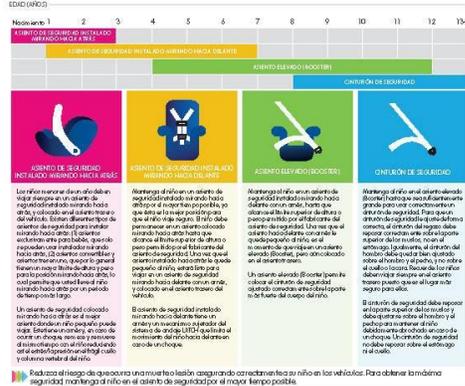
In 2011, 655 children under 13 in cars, SUVs, vans, and pick-ups were killed in crashes.

Of those killed, more than 1 in 3 were unrestrained.

Car seats reduce the risk of infants under 1 year old being killed in cars by 71%.

Car seats reduce the risk of toddlers 1 to 4 years old being killed in cars by 54%.

Recomendaciones para usar el asiento de seguridad para niños: cómo escoger el asiento correcto



Los choques son uno de las principales causas de muerte de niños entre 1 y 12 años.

En los choques ocurridos entre 2007 y 2011, murieron 3,461 niños menores de 13 años que viajaban en autos, SUVs, vanes y camionetas. Se calculó que 634,000 niños menores de 12 años resultaron heridos.

Eso es más que la población de Boston, MA.

En 2011 murieron 655 niños menores de 13 años que viajaban en autos, SUVs, vanes y camionetas en choques automovilísticos.

De los que murieron, más de 1 de cada 3 viajaban en un sistema de seguridad.

Los asientos de seguridad reducen el riesgo de que un niño menor de 1 año sea asesinado en un choque por un 71%.

Los asientos de seguridad reducen el riesgo de que un niño de 1 a 4 años sea asesinado en un choque por un 54%.



SAFERCAR.GOV/THERIGHTSEAT



September 19

Car seats keep your children safe! Use tinyurl.com/find-which-seat to determine which car seat or booster is appropriate for your child.



Secure his future.
Always seat him in the correct car seat.

Car crashes are a leading killer of children ages 1 to 13. For more information visit safercar.gov/therightseat.



Asegúrale su futuro.
Siéntalo siempre en el car seat correcto.

Los choques de auto son una de las principales causas de muerte en niños de 1 a 13 años. Para más información visita safercar.gov/protegidos.



September 21

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Child Car Safety Ad Council NHTSA



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Para más información visita safercar.gov/protegidos.

Child Car Safety Ad Council NHTSA

September 23

Another great tip for Family Meals Month!

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

Family Meals Make The Grade

KIDS AND TEENS who eat meals with their families four or more times a week earn better test scores and succeed in school.

5 family meals per week  **20%** A STUDENTS

2 family meals per week  **12%** A STUDENTS

The National Center on Addiction and Substance Abuse at Columbia University

September 24

Today is National Seat Check Saturday. Use tinyurl.com/find-which-seat to determine which car seat or booster is appropriate for your child.

Car Seat Recommendations: Choosing the Right Seat

AGE (YEARS)	1	2	3	4	5	6	7	8	9	10	11	12	13+
Birth	REAR-FACING CAR SEAT												
	FORWARD-FACING CAR SEAT						BOOSTER SEAT						
	SEAT BELT												



REAR-FACING CAR SEAT

Your child under age 1 should always ride in a rear-facing car seat in the back seat. There are different types of rear-facing car seats: infant-only seats can only be used rear-facing. Convertible and 3-in-1 car seats typically have higher height and weight limits for the rear-facing position, allowing you to keep your child rear-facing for a longer period of time.

A rear-facing car seat is the best seat for your young child to use. It has a harness and in a crash, cradles and moves with your child to reduce the stress to the child's fragile neck and spinal cord.



FORWARD-FACING CAR SEAT

Keep your child rear-facing as long as possible. It's the best way to keep him or her safe. Your child should remain in a rear-facing car seat until he or she reaches the top height or weight limit allowed by your car seat's manufacturer. Once your child outgrows the rear-facing car seat, your child is ready to travel in a forward-facing car seat with a harness in the back seat.

A forward-facing car seat has a harness and belt that limits your child's forward movement during a crash.



BOOSTER SEAT

Keep your child in a forward-facing car seat with a harness until he or she reaches the top height or weight limit allowed by your car seat's manufacturer. Once your child outgrows the forward-facing car seat with a harness, it's time to travel in a booster seat, but still in the back seat.

A booster seat positions the seat belt so that it fits properly over the stronger parts of your child's body.



SEAT BELT

Keep your child in a booster seat until he or she is big enough to fit a seat belt properly. For a seat belt to fit properly the lap belt must lie snugly across the upper thighs, not the stomach. The shoulder belt should lie snug across the shoulder and chest and not cross the neck or face. Remember, your child should still ride in the back seat because it's safer there.

A seat belt should lie across the upper thighs and lie snug across the shoulder and chest to restrain the child safely in a crash. It should not rest on the stomach area or across the neck.

Reduce the risk of death and injury by properly securing your child. To maximize safety, keep your child in the car seat for as long as possible.

Car crashes are a **leading killer of children** ages 1 to 13.

In crashes from 2007-2011, **3,661 children** (under 13 in cars, SUVs, vans, and pick-ups) were killed. An estimated **634,000 children** under 13 were injured.



In 2011, **655 children** (under 13 in cars, SUVs, vans, and pick-ups) were killed in crashes.



Car seats reduce the risk of infants (under 1 year old) being killed in cars by **71%**

Car seats reduce the risk of toddlers (1 to 4 years old) being killed in cars by **54%**



SAFERCAR.GOV/THERIGHTSEAT



Recomendaciones para usar el asiento de seguridad para niños: cómo escoger el asiento correcto

EDAD (AÑOS)	1	2	3	4	5	6	7	8	9	10	11	12	13+
Nacimiento	ASIENTO DE SEGURIDAD INSTALADO MIRANDO HACIA ATRÁS												
	ASIENTO DE SEGURIDAD INSTALADO MIRANDO HACIA DELANTE						ASIENTO ELEVADO (BOOSTER)						
	CINTURÓN DE SEGURIDAD												



ASIENTO DE SEGURIDAD INSTALADO MIRANDO HACIA ATRÁS

Los niños menores de un año deben viajar siempre en un asiento de seguridad instalado mirando hacia atrás, y colocado en el asiento trasero de del vehículo. Existen diferentes tipos de asientos de seguridad para instalar mirando hacia atrás: (1) asientos sencillos que se instalan directamente en el vehículo, que solo se pueden usar instalados mirando hacia atrás; (2) asientos convertibles y asientos traseros, que por lo general tienen un modo de instalación para usarlos en un asiento de seguridad instalado mirando hacia atrás, lo cual permite que usted los instale mirando hacia atrás por un periodo de tiempo más largo.

Un asiento de seguridad colocado mirando hacia atrás es el mejor asiento donde un niño pequeño puede viajar. Evítense un mareo, un caso de cólico o un choque de aire y su viaje al mismo tiempo con el niño reduciendo así el estrés y la presión en el cuello y columna vertebral del niño.



ASIENTO DE SEGURIDAD INSTALADO MIRANDO HACIA DELANTE

Mantenga al niño en un asiento de seguridad instalado mirando hacia atrás por el mayor tiempo posible, ya que ésta es la mejor posición para que el niño viaje seguro. El niño debe permanecer en un asiento colocado mirando hacia atrás hasta que alcance el límite superior de altura o peso para el tipo de fabricante del asiento de seguridad. Una vez que el asiento instalado hacia atrás le quede pequeño al niño, estará listo para viajar en un asiento de seguridad mirando hacia delante con un arnés, y colocado en el asiento trasero del vehículo.

El asiento de seguridad instalado mirando hacia delante tiene un arnés y mecanismo ajustador del sistema de anclaje LATCH que limita el movimiento del niño hacia delante en caso de un choque.



ASIENTO ELEVADO (BOOSTER)

Mantenga al niño en un asiento de seguridad instalado mirando hacia delante con un arnés, hasta que alcance el límite superior de altura o peso permitido por el fabricante del asiento de seguridad. Una vez que el niño de que viaje en un asiento elevado (booster), pero aún colocado en el asiento trasero.

Un asiento elevado (booster) puede colocar el cinturón de seguridad ajustado correctamente sobre la parte más fuerte del cuerpo del niño.



CINTURÓN DE SEGURIDAD

Mantenga al niño en el asiento elevado (booster) hasta que sea suficientemente grande para usar correctamente un cinturón de seguridad. Para que un cinturón de seguridad le quede de forma correcta, el cinturón del pecho debe reposar correctamente sobre el hombro superior de los hombros, no en el estómago. Igualmente, el cinturón del hombro debe quedar bien ajustado sobre el hombro y el pecho, y no sobre el cuello o la cara. Recuerde: los niños deben viajar siempre en el asiento trasero puesto que es el lugar más seguro para ellos.

El cinturón de seguridad debe reposar en la parte superior de los hombros y debe quedarse sobre el hombro y el pecho para mantener al niño debidamente asegurado en caso de un choque. Un cinturón de seguridad no debe reposar sobre el estómago ni el cuello.

Reduzca el riesgo de que ocurra una muerte o lesión, asegurando correctamente a su niño en los vehículos. Para obtener la máxima seguridad, mantenga al niño en el asiento de seguridad por el mayor tiempo posible.

Los choques son **una de las principales causas de muerte de niños** entre 1 y 13 años.

En los choques ocurridos entre 2007 y 2011, murieron **3,663 niños** (menores de 13 años, que viajaban en autos, SUVs, vans y camionetas). Se calcula que **641,000 niños** menores de 13 años sufrieron lesiones.



En 2011 murieron **656 niños** (menores de 13 años que viajaban en autos, SUVs, vans y camionetas) en choques automovilísticos.



Los asientos de seguridad reducen un **71%** el riesgo de que un bebé (menor de 1 año) muera en un choque

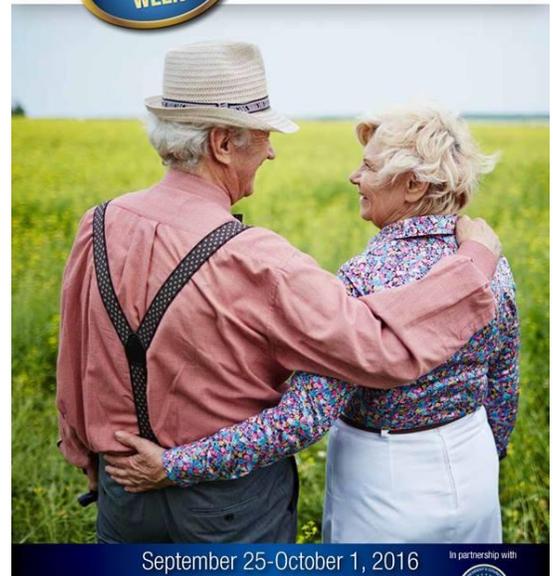
Los asientos de seguridad reducen un **54%** el riesgo de que un niño pequeño (entre 1 y 4 años) muera en un choque



Proteja el futuro de su hijo
Lláme al 1-888-PROTEGIDOS (1-888-776-8344)
o visite safercar.gov/protegidos



explore the possibilities



September 25-October 1, 2016



Sponsors



September 25

It's Active Aging Week! For more information check out: activeagingweek.com/themedays.php

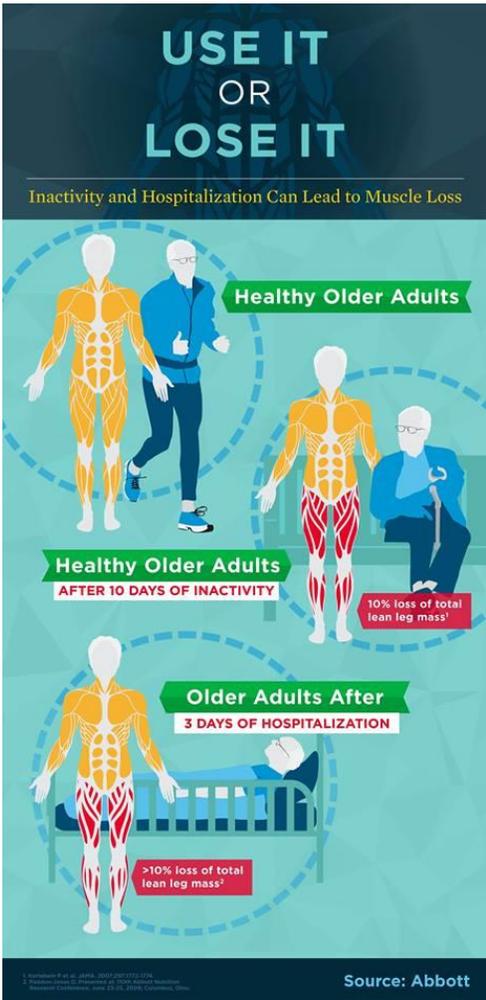
September 26

September is Infant Mortality Month

Infant mortality is the death of an infant before his or her first birthday. The infant mortality rate is the number of infant deaths for every 1,000 live births. Infant mortality is generally viewed as an important marker of the overall health of a society or community. To learn more about infant mortality, see:

<http://tinyurl.com/cdcinfantmortality>





September 27

Physical activity is very important as you age and helps reduce the loss of muscle.

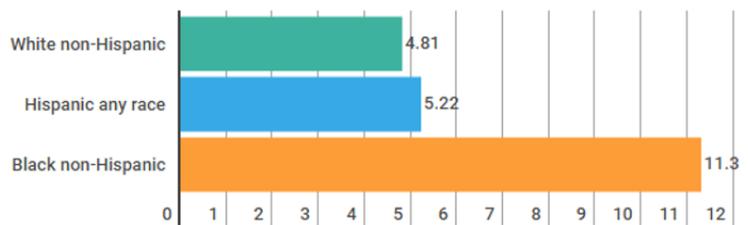
For more information and tips check out:
www.nutritionnews.abbott/strength-musc.../hmb-and-boomers.html

September 28

September is Infant Mortality Month. Looking at the latest data from 2014, Kansas continues to have a slightly higher rate of infant mortality than the national as a whole: 6.3 for Kansas versus 5.8 for the U.S. Black infant mortality continues to be nearly double that of white infant mortality.

For information on the causes and what can be done see:
<http://tinyurl.com/obnf5k2>

Infant Mortality Rates by Race and Hispanic Origin, United States, 2014



Rate per 1,000 Live Births



Sources:
www.kic.kdheks.gov
www.cdc.gov

September 29

The Kansas infant mortality rate hit an all-time low of 5.9 infant deaths per 1,000 live births in the latest data released by Kansas Department of Health and Environment.

For more information visit: <http://tinyurl.com/KansasIMR>



Signs of a Healthy Family Home

Sleep Well.

**Sleep is an essential part of healthy living.
So many good things happen when our
minds and bodies are resting.**

September 30

Good sleep goes along way! For more information see www.coam-month.org.