



KANSAS
MATERNAL &
CHILD HEALTH

SEPTEMBER 2017

FACEBOOK POSTS

September 4



Kansas Maternal & Child Health



September 4 · 🌐

It's Childhood Injury Prevention Week (1st-7th). This clip shows parents and caregivers how to keep medicine safe at home.



Simple Steps to Safe Medicine Storage

"Smart Storage, Safe Home" helps illustrate how to keep medicine safe at home. The video takes a look at exactly...

YOUTUBE.COM

September 7



Kansas Maternal & Child Health



September 7 · 🌐

As part of Childhood Injury Prevention Week (September 1-7) brush up on a few of the easiest things parents can do to keep their kids safe!



7 Easy Ways to Prevent Injuries and Keep Your Kids Safe

This is National Childhood Injury Prevention week, which means it's a great time to brush up on a few of the easiest things parents can do to keep their kids safe.

SAFEKIDS.ORG

September 10

 **Kansas Maternal & Child Health** ...
September 10 · 🌐

September 10-16 is Yellow Ribbon Week. This week educates about the important role we all have in being there for someone who is struggling or in crisis and the suicide prevention resources accessible to everyone.




Yellow Ribbon Suicide Prevention Program : News & Events : Yellow Ribbon Week

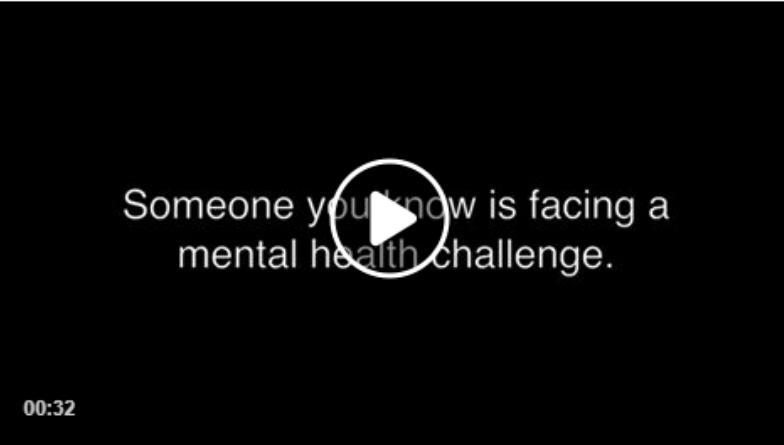
Yellow Ribbon Week 2017 (#YRWeek), is partnering with fellow leading organizations for National...

YELLOWRIBBON.ORG

September 12

 **Kansas Maternal & Child Health** shared **Mental Health First Aid USA's** video. ...
September 12 · 🌐

"The difference between crisis and recovery or life and death for someone facing a mental health or substance use challenge can be one person who knows how to notice and respond to the warning signs. You can [#BeTheDifference](#) in someone's life. Are you trained in Mental Health First Aid yet?" <http://bit.ly/2qDyQBK>




00:32

4,450 Views

Mental Health First Aid USA added a cover video.
June 30 · 🌐

September 14

September is Infant Mortality Month. View the Kansas infant mortality data highlights and resources for preventative action at www.kdheks.gov/phi/data_briefs/IM_Data_Brief_2015.pdf.



BEPHI Data Brief

Department of Health and Environment
Kansas Department of Health and Environment
Bureau of Epidemiology and Public Health Informatics
January 2017, No. 27

Infant Mortality 2015

Each year, over 200 Kansas babies die before their first birthday. Nationally, about 23,000 infant deaths occur annually. The *infant mortality rate* is a measure of the number of infant deaths for every 1,000 live births.

During the past 20 years, Kansas infant mortality rates have been higher than national rates. In Kansas, and nationally, black infant mortality rates have remained twice those of whites in most years.

Kansas Highlights

- The 2015 infant mortality rate was 5.9 infant deaths per 1,000 live births, a decrease from 6.3 per 1,000 live births in 2014. The difference is not statistically significant [1].
- The number of infant deaths to Kansas residents in 2015 was 230, the lowest number ever in Kansas.
- The white non-Hispanic dropped slightly from 2014 to 2015. The black non-Hispanic and Hispanic infant mortality rates increased slightly from 2014 to 2015.
- In the last decade, the black non-Hispanic infant mortality rate has consistently been more than double the white non-Hispanic rate.
- Five-year infant mortality rates in Wyandotte and Sedgwick Counties (7.9 and 6.8, respectively) were higher than the state rate (6.2), and rates in Shawnee, Johnson and Douglas Counties (6.1, 4.6 and 4.0, respectively) were lower than the state rate.

State and National Comparisons

The most recent year with final national data was 2014.

- Final 2014 U.S. data showed a national infant mortality rate of 5.8/1,000 live births compared to Kansas' 2014 rate of 6.3 and 2015 rate of 5.9 [2].
- Kansas' black infant mortality rate in 2014 was the fourth highest in the nation.

Highlights Based on 2011-2015 Kansas Data

- While 36.6 percent of resident births occurred to unmarried women, almost half of infant deaths (49.5%) occurred to unmarried women [3].
- The period's premature infant mortality rate of 43.5 per 1,000 live births was over 17 times higher than the rate for infants born at term.

More Kansas Health Statistics and Publications

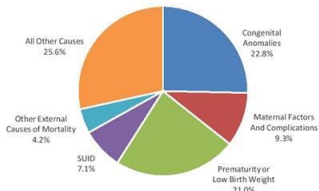
- Kansas Information for Communities (KIC) the department's online data query tool at <http://kic.kdheks.gov/>.
- KDHE reports and publications at http://www.kdheks.gov/data_reports_stats.htm.
- Community health needs assessment information at <http://www.kansashealthmatters.org/>.

BEPHI Data Brief Page 2

- Almost two-thirds (64.7%) of the deaths involved infants whose birthweight was less than 2,500 grams.
- The highest percentage of deaths occurred to infants born to women aged 20-24 (30.4%).
- Kansas mothers who smoked anytime during pregnancy were almost two times more likely to have a baby die than mothers who did not smoke.
- Medicaid was reported as the delivery payer at birth for two out of five infant deaths.

Leading Causes

Leading Causes of Infant Deaths, Kansas 2011-2015



Leading Cause	Percentage
Congenital Anomalies	22.8%
Prematurity or Low Birth Weight	21.0%
All Other Causes	23.6%
SUID	7.1%
Other External Causes of Mortality	4.2%
Maternal Factors And Complications	9.3%

Residence Data

Learn More

Kansas Blue Ribbon Panel on Infant Mortality - <http://www.kansasinfantmortality.org/index.htm>
Maternal and Child Health 5-Year Needs Assessment - http://www.dhsaccounts.net/ncch2015/documents/MCH2015_Report.pdf
Kansas Infant Death & SIDS Network, Inc. - <http://www.kidks.org/>
Kansas Chapter March of Dimes - <http://www.marchofdimes.org/kansas/>

Authored By: David Oakley, Julia Soap

Related References:
[1] Oakley D, Crawford G, Savage C. 2015 Annual Summary of Kansas Vital Statistics. Topeka, KS: Kansas Department of Health and Environment; 2016.
[2] Kocianok KD, Murphy DS, Xui J, Trjaska-Viera B. Deaths: Final Data for 2014 [Internet]. Hyattsville (MD): National Center for Health Statistics. Vol 65 No 42, June 30, 2016. [Cited 2016 Sep 28] Available from: <http://www.cdc.gov/nchs/products/nyvr.htm>
[3] Soap J, Crawford G. Selected Special Statistics, Stillbirths and Infant Deaths, Kansas, 2015. Topeka, KS: Kansas Department of Health and Environment

Kansas Department of Health and Environment January 2017

September 15

Sudden infant death syndrome (SIDS) is the third leading cause of infant death. To reduce your babies risk always practice these safe sleep habits.

www.safesleepkansas.org



Babies are safest when they sleep Alone, on their Back, in a Clutter-free Crib.

SAFESLEEPKANSAS.ORG



National Recovery Month educates Americans about how substance use treatment and mental health services can enable those with a mental and/or substance use disorder to live a healthy and rewarding life. Follow the link to learn more!



About Recovery Month | RecoveryMonth.gov

Get general information about National Recovery Month, held every September to increase awareness and celebrate successes of those in recovery. National Recovery Month (Recovery Month) is a national observance held every...

RECOVERYMONTH.GOV

This week is Child Passenger Safety Week (September 17-23)! 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

AGE (YEARS)

Birth	1	2	3	4	5	6	7	8	9	10	11	12	13+
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REAR-FACING CAR SEAT (Birth to 2)

FORWARD-FACING CAR SEAT (2 to 5)

BOOSTER SEAT (5 to 12)

SEAT BELT (12 to 13+)

REAR-FACING CAR SEAT

Your child's car seat should always face backward in the back seat. There are different types of rear-facing car seats. Some only work for use in rear-facing seats. Some can be used both forward- and rear-facing. Check your child's car seat label for the correct height and weight limits. Never use a car seat that is past its expiration date. Always use proper installation technique. Always use the correct harness and buckle.

FORWARD-FACING CAR SEAT

Keep your child's car seat as long as possible in the back seat. Use the correct harness and buckle. Use the correct harness and buckle. Use the correct harness and buckle. Use the correct harness and buckle.

BOOSTER SEAT

Keep your child's car seat as long as possible in the back seat. Use the correct harness and buckle. Use the correct harness and buckle. Use the correct harness and buckle. Use the correct harness and buckle.

SEAT BELT

Keep your child's car seat as long as possible in the back seat. Use the correct harness and buckle. Use the correct harness and buckle. Use the correct harness and buckle. Use the correct harness and buckle.

Child Car Seat Safety Statistics:

- 71% of those killed, more than 1 in 3 were unrestrained.
- Car seats reduce the risk of death in car crashes by 71%.
- Car seats reduce the risk of injury in car crashes by 54%.

Child Car Safety | SAFECAR.GOV/THERIGHTSEAT | NHTSA

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

EDAD (AÑOS)

Nacimiento	1	2	3	4	5	6	7	8	9	10	11	12	13+
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ASIENTO DE SEGURIDAD REAR-FACING (REAR-FACING CAR SEAT) (Nacimiento a 2 años)

ASIENTO DE SEGURIDAD FORWARD-FACING (FORWARD-FACING CAR SEAT) (2 a 5 años)

ASIENTO DE SEGURIDAD BOOSTER (BOOSTER SEAT) (5 a 12 años)

CINTURÓN DE SEGURIDAD (SEAT BELT) (12 a 13+ años)

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

En 2017 murieron 6,560 niños menores de 13 años que viajaban en autos, SUVs, vans y camionetas. Se calcula que **68,000 niños** menores de 13 años sufrieron lesiones.

Es lo que más mata a los niños.

En 2017 murieron 6,560 niños menores de 13 años que viajaban en autos, SUVs, vans y camionetas. Se calcula que **68,000 niños** menores de 13 años sufrieron lesiones.

1 de cada 3 niños que viajan en un auto sin cinturón de seguridad muere o resulta lesionado.

71% de los niños que viajan en un auto sin cinturón de seguridad muere o resulta lesionado.

54% de los niños que viajan en un auto sin cinturón de seguridad muere o resulta lesionado.

Child Car Safety | Proteja el futuro de su hijo | Lláme al 1-888-PROTEGIDOS (1-888-776-8344) o visite safecar.gov/protegidos | NHTSA

September 19



Kansas Maternal & Child Health shared Eat Right Nutrition's post. ...

September 19 · 🌐



Eat Right Nutrition

September 19 · 🌐

Breast-feeding provides health benefits for babies and new moms. If you're expecting, here are some steps to set you up for breast-feeding success.



Breast-feeding Basics for Healthy Babies

Due to breast milk's unique antibodies, the U.S. Surgeon General recommends babies be fed exclusively with breast milk for the first six months in order to help protect infants.

EATRIGHT.ORG

September 20

September is Infant Mortality Month

Preconception health focuses on actions women can take before and during pregnancies to increase their chances of having a healthy baby. Make a PACT to follow these habits today. (tinyurl.com/CDC-MaternalInfantHealth)

Make a PACT to get healthy before and during pregnancy

PLAN AHEAD

-  Get as healthy as you can before you get pregnant
-
-  Get 400 micrograms (mcg) of folic acid every day



For more information, please visit www.cdc.gov/ncbddd/birthdefects/prevention.html and www.cdc.gov/preconception/showyourlove



CS228068-B

Make a PACT to get healthy before and during pregnancy

AVOID HARMFUL SUBSTANCES

-  Avoid smoking
-
-  Avoid drinking alcohol
-
-  Be careful with harmful exposures at work and home






For more information, please visit www.cdc.gov/ncbddd/birthdefects/prevention.html and www.cdc.gov/preconception/showyourlove




CS228068-B


Make a PACT to get healthy before and during pregnancy

CHOOSE A HEALTHY LIFESTYLE

-  Eat a healthy diet that includes fruits, vegetables, whole grains, low fat dairy, and lean proteins
-
-  Be physically active
-
-  Work to get medical conditions like diabetes under control






For more information, please visit www.cdc.gov/ncbddd/birthdefects/prevention.html and www.cdc.gov/preconception/showyourlove




CS228068-B


Make a PACT to get healthy before and during pregnancy

TALK TO YOUR HEALTHCARE PROVIDER

-  Get a medical checkup
-
-  Discuss all medications, both prescription and over-the-counter
-
-  Talk about your family history



For more information, please visit www.cdc.gov/ncbddd/birthdefects/prevention.html and www.cdc.gov/preconception/showyourlove



CS228068-B

September 19

Celebrate National Children's Dental Health Month with these fun coloring pages and crosswords from the American Dental Association. Teach your kids about keeping their teeth healthy and have fun doing it. To download more fun material go to <http://tinyurl.com/Children-s-Dental-Health-Month>. For more information on keeping your children's mouth clean and healthy check out: [/www.ada.org/en/public-programs/mouthhealthy](http://www.ada.org/en/public-programs/mouthhealthy) 2015 American Dental Association. All Rights Reserved.

September 21



Kansas Maternal & Child Health ...

September 21 · 🌐

Spread the word on the importance of immunization for the entire family to help expectant mothers/parents make informed decisions!




NFID Family Vaccines Video

NFID animated video on the importance of immunization for the entire family to help expectant mothers/parents make...

YOUTUBE.COM

September 25

Helping kids maintain a healthy weight isn't easy. But you have the power than you know. Provide nutritious foods, help your kids be more active, and reduce screen time. Learn more at wecan.nhlbi.nih.gov.





A LESSON FOR RAISING A HEALTHY CHILD

$\text{Banana} + \text{Bicycle} - \text{TV} = \text{Heart}$

Helping kids maintain a healthy weight isn't easy. But you have more power than you know. Provide nutritious foods, help your kids be more active, and reduce their screen time. Learn more at <http://wecan.nhlbi.nih.gov>

we can!
Ways to Enhance Children's Activity & Nutrition

U.S. Department of Health and Human Services
National Institutes of Health

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September 27

Today is Women's Health & Fitness Day! Here are some great tips on how to exercise during pregnancy. For the full article check out March of Dimes: <http://tinyurl.com/exercisewhilepregnant>

Exercise during pregnancy

It's a good idea to stay active while you're pregnant...although that may look a little different now that you have your baby's health to consider. Check out some tips below on what to try out and what to cut out.

What's best:

Do activities that involve your partner or friends—things like walking and dancing.

Check to see if your local hospitals or fitness clubs have aerobic or yoga classes specifically for pregnant women—these are a great way to stay in shape and provide you with a built-in support system!

Go for a swim—the water supports the weight of your baby and lets you get a good workout that's easy on your joints.

If you weren't active before you were pregnant, take it slowly and keep in touch with your healthcare provider about what you want your exercise program to look like!

What to avoid:

Steer clear from any activity that might make you fall or get hit in the belly, like soccer, bike riding, or skiing.

If you're three months into your pregnancy, avoid any exercise that causes you to lie flat on your back, like sit-ups. This can limit the blood flow to your baby.

Don't exercise under extreme conditions that might jeopardize your baby's health. This would include anything like scuba diving, working out in heat, or exercising at high altitude.



www.marchofdimes.org/pregnancy/exercise-during-pregnancy.aspx

September 30

Today is National Family Health & Fitness Day! Here are great ideas to be active as a family this weekend. (Graphic provided by Get Active Kansas) www.choosemyplate.gov/ten-tips-be-an-active-family

Be an Active Family

10 tips for becoming more active as a family. Physical activity is important for children and adults of all ages. Being active as a family can benefit everyone.

Set specific activity times.

Determine time slots throughout the week when the whole family is available. Devote a few of these times to physical activity. Try doing something active after dinner or begin the weekend with a Saturday morning walk.

Plan ahead and track your progress.

Write your activity plans on a family calendar. Let the kids help in planning the activities. Allow them to check it off after completing each activity.

Include work around the house.

Involve the kids in yard work and other active chores around the house. Have them help you with raking, weeding, planting, or vacuuming.

Use what is available.

Plan activities that require little or no equipment or facilities. Examples include walking, jogging, jumping rope, playing tag, and dancing. Find out what programs your community recreation center offers for free or minimal charge.

Build new skills.

Enroll the kids in classes they might enjoy such as gymnastics, dance, or tennis. Help them practice. This will keep things fun and interesting, and introduce new skills!

Plan for all weather conditions.

Choose some activities that do not depend on the weather conditions. Try mall walking, indoor swimming, or active video games. Enjoy outdoor activities as a bonus whenever the weather is nice.

