

# Highlight on Health

*An Emmons County Public Health Publication*

## Important Dates

**Aug. 1-7** - World Breast-feeding Week.

**Aug. 6-12** - Exercise with Your Child Week.

**Aug. 6-12** - National Farmers Market Week.

**Aug. 6-12** - International Assistance Dog Week.

**Aug. 12** - International Youth Day.

**Aug. 13** - International Lefthander's Day.

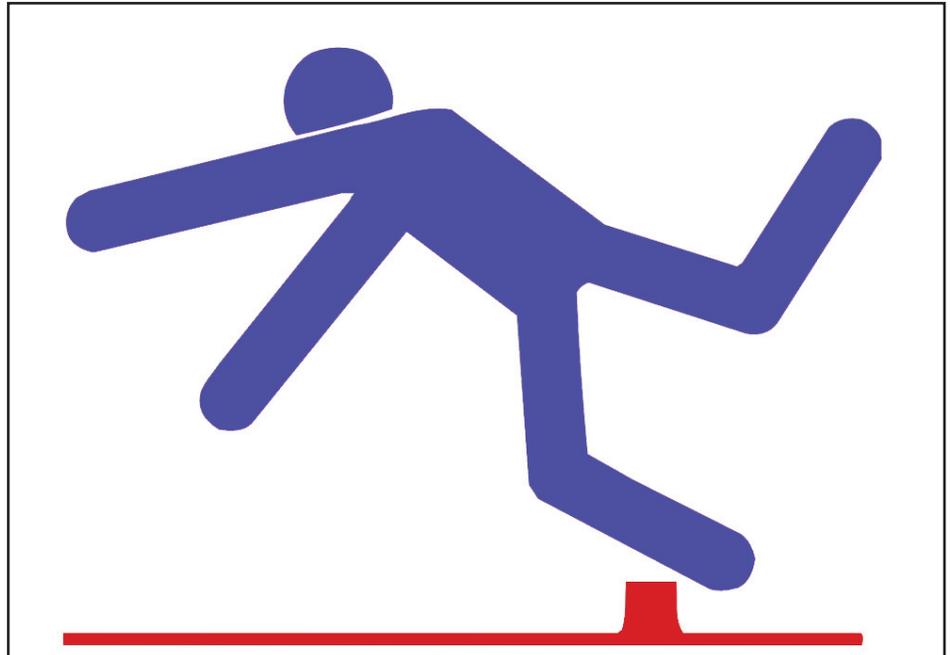
**Aug. 18** - Birth Control Pills Day

**Aug. 20** - World Mosquito Day.

**Aug. 21** - First Stepping On Class at Linton Senior Center, 9:30-11:30 a.m.

**Aug. 25-31** - Be Kind to Humankind Week.

**Aug. 29** - More Herbs, Less Salt Day.



## Fall Prevention Class Set

**STEPPING ON** is a 7-week workshop designed to help older adults learn ways to keep from falling. It helps participants identify why they fall and offers different ways to prevent falling, including strength and balance exercises, home safety check suggestions and a medication review.

The workshop is designed for people who have fallen and those who have a fear of falling. Participants will leave with more strength and better balance, and experience a feeling of confidence and independence as a result of learning the various exercises and information covered in the classes.

The program was developed by Lindy Clemson of Sydney, Australia, to help older adults learn

ways to prevent falls. Research has shown that people who complete the workshop have a 31% reduced rate of falling. The class is sponsored by Emmons County Public Health and NDSU Extension, Emmons County and facilitated by staff from these offices. Several guest speakers, including a physical therapist, optometrist, pharmacist and law enforcement also provide education at various classes.

The first class is scheduled for Monday, August 21, 2017, from 9:30-11:30 am at the Linton Senior Center. Call Emmons County Public Health at (701) 254-4027 or NDSU Extension, Emmons County at (701) 254-4811 to register for the class or for more information.



# Breastfeeding Vital to ND Families

Each year during the first week in August, the World Alliance for Breastfeeding Action (WABA) celebrates World Breastfeeding Week.

Breastfeeding is a vital component of sustainable development and a critical component to end malnutrition. A number of campaigns include breastfeeding as a target to ensure maternal and child survival, health and nutrition. However, there continues to be a need for focus on young people and vulnerable groups (adolescents, single mothers, migrants).

Four objectives have been created this year to define how this science will move forward into 2018:

- **Inform** – Understand the importance of working together across the four Thematic Areas.
- **Anchor** – Recognize your role and the difference you make within your area of work.
- **Engage** – Reach out to others to establish areas of common interest.
- **Galvanize** – Work together to achieve the Sustainable Development Goals (SDGs) by 2030.

Beginning with World Breastfeeding Week, WABA is creating an online platform that will provide assistance to drive its cause:

- **Identify gaps and actions** – The Resources section of its site will have relevant information that can help identify gaps and ideas on how to address them.
- **Find potential partners** – Find partners who wish to collaborate on common goals and actions.
- **Share and learn** – Manage your collaboration more effectively. Share your experiences of

working together and learn from others.

- **Assess and plan** – Review the experiences and achievements and prepare for future actions.

In 2016, North Dakota women were breastfeeding beyond the national average in the first months of a child's life, but were not sustaining that momentum throughout the first year of the child's life. North Dakota eclipsed the national average (81.1%) for percent of women that have ever breastfed (82.3%) and were significantly ahead of the national rate (44.4%) of women exclusively breastfeeding at three months (49%). The state boasted 13.62 Certified Lactation Counselors per 1,000 live births in 2016, good for fourth overall nationally. And while North Dakota met the HP2020 goal for initiation rate, it did not meet the HP2020 goal for 6 months duration.

North Dakotans were above the national average when exclusively breastfeeding (23.6%, as compared to the national rate of 22.3%) they lagged behind national averages (51.8%) in breastfeeding at 6 months (51.5%). Also, just 1.7% of live births were occurring at Baby Friendly Facilities, and there was less than 1 La Leche League Leaders in the state per 2,000 births, placing the state in the bottom 6 nationally. North Dakota was also one of 42 states that did not have child care regulation supporting onsite breastfeeding.

Emmons County Public Health provides a number of resources that can help give you the confidence and support that many new moms need to breastfeed. For more information, contact us at **(701) 254-4027**.

**Source:** WABA, CDC



## Back to School Season is Time for Vaccines

Vaccines represent one of the greatest public health accomplishments of the 20th century. August is National Immunization Awareness Month, an opportunity to highlight the importance of vaccination for individuals of all ages.

Babies and young children receive a variety of vaccinations that protect them from 14 diseases by the age of 2.

States may have individual requirements for children entering child care or schools. Check with your child's doctor, school or local health department to learn about the requirements for a state or county.

Preteens/Teens are scheduled to receive meningococcal conjugate vaccine, HPV, Tdap and yearly flu vaccines.

Adults may receive a variety of vaccines including the flu vaccine, Tdap, Td, shingles vaccines and pneumococcal vaccines.

**Source:** NPHIC, CDC