

Highlight on Health

An Emmons County Public Health Publication

Important Dates

August 1 - World Lung Cancer Day

August 1-7 - World Breastfeeding Week

August 7-13 - National Health Center Week

August 8 - Healthcare for the Homeless Day

August 12 - International Youth Day

August 17 - National Nonprofit Day

August 17 - First Day of Class at Strasburg Public School

August 18 - First Day of Class at Linton Public Schools

August 19-23 - Contact Lens Health Week

August 21 - Senior Citizens Day

August 26 - Women's Equality Day

August 31 - International Overdose Awareness Day



Back to School Season Starts with Routine Vaccinations

Many vacations have been taken, picnics have been had, fireworks have been shot off and summer nights are beginning to take over more of summer days. And as calendars flip from July to August, parents of school-aged kids can't help but think about Back to School.

The bulk of North Dakota's youth attend public school, meaning many children will need to be up to date on school immunizations or claim exemption by October 1. Getting started on this now may help avoid the crunch of people who leave immunizations to the last minute.

It is also important to consider vaccinating your child at this time for COVID-19. The COVID-19 immunization can be received at the same time as other routine vaccinations. At least one dose of these vaccinations have been received by about 80% of North Dakota's population that is 65 and older (103,000+ residents), as

has about 62% of the state's population older than 12 (409,000+ residents) receiving the vaccine, about 58% of the state's population older than 5 (427,000+ residents) and 54% of the state's population older than 6 months (427,000+ residents). When students congregate in school settings, they will be at risk for contracting COVID-19. The vaccine has shown to be highly effective at stopping the need for hospital assistance, as well as death, when an individual has COVID-19.

Emmons County Public Health is ready to provide your back to school vaccinations. Give us a call at (701) 254-4027 for more information and to set up your appointment. For more information about these routine immunizations, visit <https://www.health.nd.gov/backtoschool>.

Emmons County Public Health
118 E Spruce Ave, Linton ND 58552
P: 701.254.4027
www.emmonsnd.com/public-health.html
facebook.com/ECPH.gov



Formula Shortage Reinforces Breastfeeding Need

Breastfeeding continues to be a universal way for many new mothers to guarantee nutritional security for their young children.

With recent threats to infant formula supply chains, the importance placed on successful breastfeeding has never been higher. According to the Centers for Disease Control and Prevention, only 1 in 4 infants is exclusively breastfed as recommended by the time they are 6 months old. Low rates of breastfeeding add more than \$3 billion annually to medical costs for U.S. mothers and children.

Emmons County had 61 infants in the county in 2018-2019. 83.6 percent of these infants were breastfed. This was mostly in line, if not slightly below the estimated 84 percent of breastfed infants in the state overall.

Reasons for stopping breastfeeding can vary widely, however an estimated 60 percent of mothers do not breastfeed for as long as they would like to:

- Lactation/latching issues
- Concerns about infant nutrition and weight
- Concerns with medications taken while breastfeeding
- Unsupportive work policies and lack of family support
- Unsupportive hospital practices and policies

The Surgeon General's Call to Action to Support Breastfeeding is a resource that describes specific steps people can take to participate in a society-wide approach to support mothers and babies who are breastfeeding. More informa-



WABA | WORLD BREASTFEEDING WEEK 2022

The COVID-19 pandemic has drastically affected health, nutrition and livelihoods, including new parents' circumstances and decisions on infant feeding. Breastfeeding plays an important role in managing the double burden of malnutrition in addition to providing food security and reducing inequalities.

The limited capacity to protect, promote and support breastfeeding led to the deterioration of the breastfeeding support system within and outside the health system during the pandemic, ultimately leading to increased inequalities between and within countries.

#WBW2022 focuses on strengthening the capacity of actors that have to protect, promote and support breastfeeding across different levels of society. These actors make up the warm chain of support for breastfeeding (Warm Chain). Revamping the capacity of actors in the Warm Chain through education and transformation of the existing systems will help ensure breastfeeding-friendly healthcare facilities, supportive communities and workplaces, underpinned by evidence-based national policies.

Governments, health systems, workplaces and communities need to be informed, educated and empowered to strengthen their capacity to provide and sustain breastfeeding-friendly environments for families in the post-pandemic world.

OBJECTIVES OF #WBW2022



Inform

people about their role in strengthening the warm chain of support for breastfeeding



Anchor

breastfeeding as part of good nutrition, food security and reduction of inequalities



Engage

with individuals and organisations along the warm chain of support for breastfeeding



Galvanise

action on strengthening capacity of actors and systems for transformational change



World Alliance for Breastfeeding Action (WABA) is a global network of individuals and organisations dedicated to the protection, promotion and support of breastfeeding worldwide based on the Innocenti Declarations, the Ten Steps for Nurturing the Future and the WHO/UNICEF Global Strategy for Infant and Young Child Feeding. WABA is in consultative status with UNICEF and an NGO in Special Consultative Status with the Economic and Social Council of the United Nations (ECOSOC). WABA coordinates the annual World Breastfeeding Week campaign.

WABA, PO Box 1200 10850 Penang, Malaysia | Tel: 60-4-658 4816 | Fax: 60-4-657 2655 | Email: wba@waba.org.my | Web: www.worldbreastfeedingweek.org

tion about this call to action, including a PDF version of the book, is available at <https://www.ncbi.nlm.nih.gov/books/NBK52682/>.

For more information about North Dakota breastfeeding rates by county, visit <https://www.cdc.gov/breastfeeding/data/country/2018-2019/northdakota.html>.

CDC provides a variety of information about breastfeeding, including statistics and strategies, at <https://www.cdc.gov/breastfeeding/index.htm>. World Breastfeeding Week campaign materials are available in six languages (English, Arabic, Chinese, French, Russian and Spanish) online at <https://world-breastfeedingweek.org/>.

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