

Healthy Living Update

Reduce the Risk of SIDS

Sudden Infant Death Syndrome (SIDS) is every new parent's greatest fear. There are several things you can do to prevent the risk of SIDS. It is important that these steps are followed for every sleep time. And it is important for everyone who cares for your infant to follow these steps whenever they are watching your baby during sleep time.



Every sleep time counts!!

- Always place your baby on his or her back for sleep, both for naps and at night. This is the most effective way to protect a sleeping baby from SIDS. Babies are **not** more likely to choke, even if they spit up, when placed on their backs for sleep
- Always use a firm flat sleep surface, like a mattress in a safety approved crib, covered only by a fitted sheet. Remove all bumpers, blankets, loose bedding, and soft toys from the sleep area. Do not use car seats, strollers, baby carriers, swings, and other sitting devices as baby's sleep area.
- Share your room, not your bed. Your baby should sleep in your room, but in a separate sleep area. Never sleep with baby in a recliner, sofa, or adult bed. A study in the November 2014 issue of Pediatrics reported 72% of sleep-related deaths were infants 0-3 months who were sleeping on a sofa.
- Don't smoke during pregnancy, and do not smoke or allow smoking around your baby.
- Don't let your baby get too warm during sleep. Dress infant similar to how you are dressed, with no more than one extra layer.
- Breastfeed as much and for as long as you can to help reduce the risk of SIDS.

Source: Eunice Kennedy Shriver National Institute of Child Health and Human Development

This Month at Public Health:

Immunization Clinics:

April 2 - 1:00-4:00 pm

April 9 - 1:00-6:00 pm

April 16 - 1:00-6:00 pm

April 23 - 1:00-6:00 pm

April 30 - 1:00-6:00 pm

OPOP:

April 13

April 14

April 20

Cholesterol Screenings:

April 17

April 28

Holiday Closings

April 3 - Good Friday

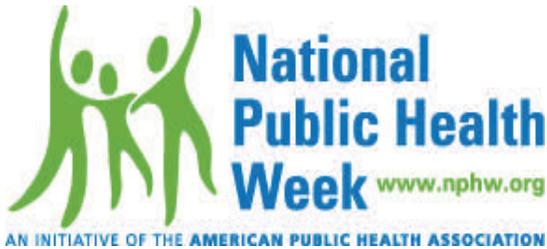
Spotlight on Diversity

We should acknowledge differences, we should greet differences, until difference makes no difference anymore.

- Dr. Adela A. Allen



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Healthiest Nation in One Generation

During the first full week of April, the American Public Health Association brings together communities across the U.S. to observe **National Public Health Week** as a time to recognize the contributions of public health and highlight issues that are important to improving our nation.

Raising the Grade: The U.S. does not have the top health care system – we have a great “sick care” system. We have great doctors and hospitals, and leaders in advanced procedures. However, studies show that we trail other countries in life expectancy and other measures of good health. *So what is missing?* We need a stronger public health system that supports healthy communities.

Starting from Zip: Your zip code says far too much about your health. Within the U.S., there are gaps in health, state-by-state and county-by-county. The effort needs to start with ensuring equity across our communities.

Building Momentum: We are beginning to see leading organizations take important steps in creating a healthy nation. However, as we celebrate our gains, the challenge will be to continue building on this momentum.

Building Broader Connections: We cannot do it all on our own. As public health professionals, we know it is not enough to ask people to make healthy choices. The public health community must expand its partnerships to work with all those who affect our health.

Source: <http://www.nphw.org/>

Immunization. Power to Protect.

Getting children immunized on time is one of the best ways to keep them healthy. April 18-25, 2015 is National Infant Immunization Week (NIIW), a time when the nation highlights the importance of timely childhood immunizations.



- The Vaccines for Children (VFC) program provides vaccines to children who are underinsured or may not be able to afford them. The VCF program helps children get their vaccines according to the recommended immunization schedule and has contributed directly to a substantial increase in childhood immunization coverage levels.
- Vaccines are among the most successful and cost-effective public health tools available for preventing disease and death. They not only help protect vaccinated individuals, but also help protect entire communities by preventing and reducing the spread of infectious diseases.
- Immunization is a shared responsibility. Families, healthcare professionals, and public health officials must work together to help protect the entire community.
- Healthcare professionals remain parents' most trusted source of information about vaccines for their children. They play a critical role in supporting parents in understanding and choosing vaccinations.

Source: www.cdc.gov