

# Highlight on Health

*A Bismarck-Burleigh Public Health Publication*

## Public Health

*Note: All dates listed are for the month of August.*

**Car Seat Distribution** - 1, 25

**Cholesterol Testing** - 11, 29

**Community Car Seat Check** - 7, 14

**Immunization Clinic** - 3, 7, 10, 14, 17, 18, 21, 22, 24, 28, 31

**OPOP** - 14, 15

**Well Baby Clinic** - 4

## Important Dates

**Aug. 1-7** - World Breastfeeding Week

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

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

**Aug. 20** - World Mosquito Day

## BBPH Targeting Mothers, Employers through Campaign

Breastfeeding, with its many known health benefits for infants, children, and mothers, is a key strategy to improve public health. The American Academy of Pediatrics recommends infants be exclusively breastfed for the first 6 months with continued breastfeeding alongside introduction of complementary foods for at least 1 year.

In 2016, North Dakota eclipsed the national average (81.1%) for percent of women that have breastfed (82.3%) and were ahead of the national rate (44.4%) of women exclusively breastfeeding at 3 months (49%).

But while North Dakota met the HP2020 goal for initiation rate, it did not meet the HP2020 goal for 6 months duration. Low breastfeeding rates among infants who are 6 and 12 months of age indicate many mothers do not continue breastfeeding as recommended. These rates suggest mothers, in part, may not be getting the support from healthcare providers, family members, and employers they need.

Bismarck-Burleigh Public Health is working to close that gap through an August campaign targeting employers and mothers.



“Women with children are the fastest-growing segment of the labor force. In North Dakota, 66% of women with children younger than 6 years of age work outside the home,” said Katie Johnke, BBPH Nutrition Services Coordinator. “We want to provide a positive message to employers that they can assist with mothers’ breastfeeding goals. By providing a positive environment for an employee who is a new mother needing to breastfeed or pump, they are providing valuable support for, and easing stress on that employee.”

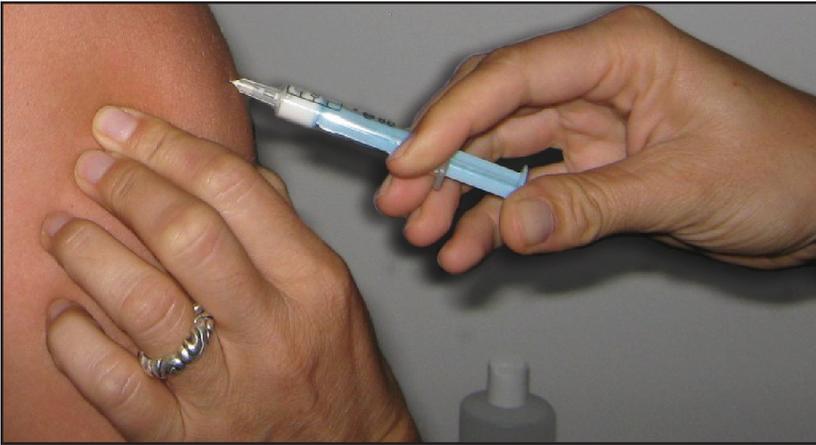
To schedule a free consultation with a lactation counselor, call (701) 355-1540. For more info, visit [www.bismarcknd.gov/1734/Breastfeeding-Support](http://www.bismarcknd.gov/1734/Breastfeeding-Support).

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**Public Health**  
Prevent. Promote. Protect.

**Bismarck-Burleigh Public Health**



## Vaccines Still Key to Health

Each year thousands of people suffer serious health problems, are hospitalized, or even die from diseases that could have been prevented by vaccination. Vaccines represent one of the greatest public health accomplishments of the 20th century.

August is National Immunization Awareness Month, an opportunity to celebrate the benefits of vaccination, and highlight the importance of vaccinations for all ages.

### Babies/Young Children

- Vaccinations to protect them from 14 diseases by the age 2
- After age 2, children should receive a yearly flu vaccine
- Additional doses of vaccines for children aged 4-6

### School-Age Children

- States may have individual requirements for kids entering child care or schools. Check with your child's doctor, school or health department for state/county requirements

### Preteens/Teens

- Meningococcal conjugate vaccine to protect against meningitis and blood infections
- Human Papilloma Virus (HPV) to protect against cancers
- Tdap vaccine for tetanus, diphtheria and pertussis
- Yearly flu vaccine

### Adults

- Influenza vaccine each year
- One dose of Tdap if they didn't get Tdap as a teen
- Td booster every 10 years
- Pregnant women should receive Tdap vaccine each time they are pregnant, preferably at 27-36 weeks
- Adults aged 60+ should get the shingles vaccine
- Adults aged 65+ should receive pneumococcal vaccines
- Adults younger than 65 with certain high-risk conditions should receive one or more pneumococcal vaccines
- Some adults may need hepatitis A, B, and/or HPV

Source: NPHIC, CDC

## From the Director's Desk

*Renae Moch, MBA, FACMPE*

Bismarck-Burleigh Public Health (BBPH) was among 3 agencies awarded grant funding in 2016 through the North Dakota Department of Health to raise breastfeeding rates and expand maternal and child health programs. Work on the grant project started in April of 2016 related to several objectives.



BBPH's goal is to increase breastfeeding duration at 6 months of age by 5% for clients served through specific MCH (maternal child health) programs offered at BBPH by Sept. 30, 2017. Work was done to calculate the baseline for breastfeeding at 6 months of age, which was 67.5%; since implementation of the grant, rates jumped to 86% as of May, 2017.

BBPH nurses offer newborn home visits to mothers in Burleigh County; information about breastfeeding, infant, and maternal health is discussed during these visits. Also, mothers are encouraged to text or call registered lactation counselors at BBPH with questions or concerns about breastfeeding and going back to work.

Other work BBPH has done with grant funding includes a campaign using Facebook and print ads highlighting returning to work for new moms and breastfeeding support; policy implementation and creation of breastfeeding spaces for employers to support employees upon return to work; and breastfeeding support for American Indians.

Looking ahead BBPH will be working on a TV campaign featuring breastfeeding support in the workplace, and systems/environmental changes for further community breastfeeding support.