

# MCH NEWS

Sarpy/Cass Health Department —Maternal Child Health Newsletter

July/August/September 2019

## World Breastfeeding Week August 1-7

This year's theme for World Breastfeeding Week is *"Empower Parents, Enable Breastfeeding"*. Increasing breastfeeding rates can have global impact. According to WABA (World Alliance for Breastfeeding Action), if we increased breastfeeding rates, we could **prevent** "20,000 maternal deaths annually, 823,000 infant deaths annually, and \$302 billion in economic losses annually" (WABA, [www.waba.org.my](http://www.waba.org.my)).

The Sarpy/Cass Health Department continually supports mothers in their breastfeeding journey. We offer free breastfeeding classes, free in-office lactation consultations, and a weekly weigh-in station for mothers interested in weighing their breastfed babies.

We are excited to announce a new project on the horizon with the development of a Baby Café right here at the health department!

*"Empowerment is a process that requires evidence-based unbiased information and support to create the enabling environment where mothers can breastfeed optimally. Breastfeeding is in the mother's domain and when fathers, partners, families, workplaces, and communities support her, breastfeeding improves."*

- WABA



WABA | WORLD BREASTFEEDING WEEK 2019

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PCO Awards Ceremony — Pictured: Michelle Leahy, Dr. Karla Lester, Sarah Schram

## How much physical activity should my child get?

The World Health Organization (WHO) recommends that children ages 5-17 should accumulate 60 minutes of moderate to vigorous exercise daily. Physical activity can include play, games, sports, transportation, chores, recreation, physical education, or planned exercise. The benefits of exercise are considerable! Exercise leads to healthy bones and muscles, healthy heart and lungs, healthy weight management, reduction in anxiety and depression, as well as increased socialization.

## Preventing Childhood Obesity Grant Awarded to the Sarpy/Cass Health Department

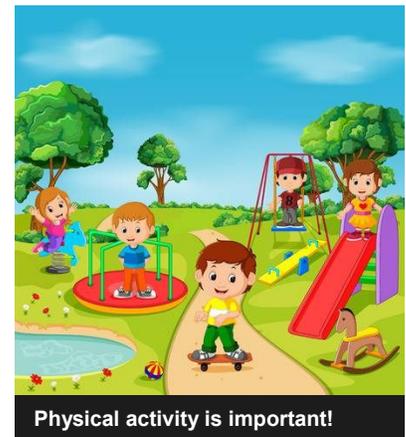
Children's Hospital & Medical Center has named 10 regional non-profit organizations as Preventing Childhood Obesity Community Grant winners for 2019-2020. Each organization receives \$25,000 to support new or existing programs that focus on childhood obesity prevention and improving the health of children and teens.

This is the sixth consecutive year that Children's has awarded these grants, a collaborative demonstration of the organization's leadership and commitment to the health of all community children. The focus on childhood obesity reflects the results of the Omaha metropolitan area's 2018 Child Health Needs Assessment survey, which indicate that obesity remains local parents' number one health concern for their children.

The Sarpy/Cass Health Department was selected as one of the organizations to receive this funding. Our project is entitled *Improving Community Breastfeeding Support in Sarpy and Cass Counties*.

Planned activities for this project include hosting a Baby Café for weekly meetings at the Department, starting a breastfeeding coalition in Cass County, and developing and offering a training for key partners and community members to become Community Breastfeeding Advocates.

We are excited for the opportunities allowed by this funding, and look forward to working to improve breastfeeding support in the community we serve!



Physical activity is important!

## Preparing Children For Disasters

Brittney Hensley is the Emergency Preparedness coordinator for the Sarpy/Cass Health Department. She is responsible for identifying all the risks that could impact the public health of our communities, and has many useful resources available to the community about how to prepare yourself and your family for disasters. One of her Quick Series flip books, titled "Preparing Children for Disasters", highlights some very important considerations for your family. The topics in the flip book include: preparing children, school plans, infant care, pregnant women, children's reactions, transition, relocation and parent self-care.

To find out more and request resources like the above-mentioned flip book, please visit our website and select Emergency Preparedness services.

Brittney Hensley

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402-537-6972



National Preparedness Month — September 2019

## Breastfeeding Your Infant During an Emergency

Emergencies can occur at any time and can include a wide range of events, such as health pandemics (i.e., flu), terrorism or violence, or natural disasters and weather-related events (i.e., floods, blizzards, tornados, hurricanes). An estimated 95% of infant and child deaths in emergencies is a result of diarrhea caused by contaminated water and unsanitary conditions (United States Breastfeeding Committee, "Infant and Young Child Feeding in Emergencies", 2019). Breastfeeding protects your baby during an emergency.

- ◇ Breastmilk is readily available without depending on feeding supplies.
- ◇ Breastmilk is nutritionally perfect.
- ◇ Breastmilk is protective against diarrhea and respiratory disease.
- ◇ Hormones released during breastfeeding help to reduce maternal anxiety and stress.
- ◇ Breastfeeding can help prevent hypothermia.

# New Sarpy County WIC Location Opening Soon!

We are pleased to announce that the Papillion WIC clinic is moving to our office! WIC services will be available at the Sarpy/Cass Health Department beginning September 3, 2019. The clinic will be open from 8a-4:30p on the first, second, and third Tuesdays of each month.

To make an appointment, or for any questions, please call Douglas/Sarpy WIC at 402-444-1770.



New Sarpy County WIC location located at the Sarpy/Cass Health Department

## Contact Us:

Sarpy/Cass Health Dept.

701 Olson Dr., Suite 101

Papillion, NE 68046

402-339-4334

## Hours:

Monday-Friday 8:00a-4:30p

## Maternal Child Nurses:

Michelle Leahy MSN, RN, CLC

Katie Graves BSN, RN, IBCLC

## Director:

Sarah Schram MS, RD

[www.sarpycasshealthdepartment.org/](http://www.sarpycasshealthdepartment.org/)