



The Update is a bi-weekly web newsletter published by the Iowa Department of Public Health's Bureau of Family Health. It is posted the second and fourth week of every month, and provides useful job resource information for departmental health care professionals, information on training opportunities, intradepartmental reports and meetings, and additional information pertinent to health care professionals.

In this issue...

1-2 Family Health History Month

2 New AAP Infant Sleep Recommendations

3 Tips for New Moms - New Iowa WIC Program Flyer Available

4 'Tis the Season ...

5 Calendar of Events

5 Directory

7-8 Additional Information

Family Health History Month and Thanksgiving is National Family Health History Day

Each year since 2004, the Surgeon General has declared Thanksgiving to be National Family History Day. Over the holiday or at other times when families gather, the US Surgeon General encourages Americans to talk about, and to write down, the health problems that seem to run in their family. Learning about their family's health history may help ensure a longer, healthier future together.

Health care professionals have known for a long time that common diseases - heart disease, cancer, and diabetes - and rare diseases - like hemophilia, cystic fibrosis, and sickle cell anemia - can run in families. If one generation of a family has high blood pressure, it is not unusual for the next generation to have similarly high blood pressure. Tracing the illnesses suffered by your parents, grandparents, and other blood relatives can help your doctor predict the disorders to which you may be at risk and take action to keep you and your family healthy.

Also, one's family environment can contribute to one's health throughout their life course. Person's exposed to a stressful home environment growing up are at greater risk for chronic disease. Knowing a person's family health history provides a foundation for determining risk factors the person and their family may have. From there, a plan to address these risks can be developed.

To help focus attention on the importance of family history, the Surgeon General, in cooperation with other agencies with the U.S. Department of Health and Human Services, has launched a national public health campaign, called the Surgeon General's Family History Initiative, to encourage all American families to learn more about their family health history.

Because family health history is such a powerful screening tool, the Surgeon General has created a new computerized tool to help make it fun and easy for anyone to create a sophisticated portrait of their family's health.

continued on next page

NEW AAP Infant Sleep Recommendations

At the recent American Academy of Pediatrics conference, the AAP SIDS Task Force released updated recommendations for reducing SIDS and promoting infant safe sleep.

The CDC and other federal agencies collaboratively wrote a joint press release supporting these recommendations and highlighting each agency's role in reducing SIDS and promoting safe sleep.

To read the press statement, please go to www.nichd.nih.gov/news/releases/101811-infant-safe-sleep-recommendations.cfm.

Family Health History Month

and Thanksgiving
is National Family
Health History Day
continued



The revised version of the “My Family Health Portrait” tool is a Web-enabled program that runs on any computer that is connected to the Web and running an up-to-date version of any major Internet browser. The new version of the tool offers numerous advantages over previous versions, which had to be downloaded to the user's computer.

The Web-based tool helps users organize family history information and then print it out for presentation to their family doctor. In addition, the tool helps users save their family history information to their own computer and even share family history information with other family members. Access the My Family Health Portrait Web tool at <https://familyhistory.hhs.gov>.

Other resources for collecting your family health history are available from the Heartland Regional Genetics and Newborn Screening Collaborative at <http://heartlandfamilyhistory.org>, and the Genetic Alliance at <http://www.geneticalliance.org/fhh>. The Heartland Regional Genetics and Newborn Screening Collaborative site provides a how-to video and a toolkit to guide you through information collection. The Genetic Alliance has toolkits available in many different languages and even customizable toolkits to tailor for your target population.

Along with culture, values, environment, and behaviors, family health history influences the way you live your life. Learning about your family health history can help you make healthy choices: it is a cheap, easy way to improve your own health and the health of your family. Share the information you gather with your healthcare provider to further reduce your risk of disease and create a partnership around your health.

Tips for New Moms

It's your body.

Take care of your health.

Go for a walk every day. Take it easy at first. Start with a 5 or 10 minute walk. Work your way up to 30 minutes of walking on most days of the week. Add other activities that you enjoy. Spend less time on your computer and watching TV.

Aim for a healthy weight. Lose that extra baby weight slowly — about a pound a week. Remember, it took time to gain the weight. It will take time to lose it. Here are some easy ways to get started.

- Breastfeeding helps moms lose weight.
- Cut out one snack each day.
- Drink water or low-calorie drinks.
- Switch to 1% low fat or fat free skim milk.
- Choose fruits and veggies for snacks.
- Choose whole grain foods for more nutritious, filling meals.
- Know your portion sizes.
- Go to www.MyPyramid.gov for steps to a healthier you.

Be active.

Eat well.

Do it for you.

Do it for the ones you love.

Make time for yourself. Nap when your new baby naps. Even if you can't sleep, lie down and rest. Keep meals simple. Ask for help from family and friends. Let them shop, cook and clean. If you feel blue or down in the dumps, talk with your doctor.

Plan for your next pregnancy.

- Almost half of all pregnancies are not planned. Do you want another baby? What is your plan to avoid any surprises? An unplanned pregnancy could lead to a lifetime of stress for you and health problems for your next baby.
- If you smoke, quit. Avoid beer, wine and all other forms of alcohol.
- Wait until your baby is at least 18 months old before getting pregnant again. This will increase your chances for a healthy next pregnancy and baby.
- Take folic acid daily. Folic acid helps prevent birth defects. Take 400 micrograms (mcg) of folic acid every day. Folic acid is in vitamin pills, fortified cereal and other foods. Labels tell how much folic acid is in a serving.
- Iodine helps with the baby's brain development during pregnancy. Pregnant women need 150 micrograms (mcg) of iodine daily. Iodine is in iodized salt and other processed foods. Read your prenatal vitamin label for iodine content.



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Iowa WIC Program
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To download a printable PDF copy, go to pages 7-8 of The UPdate. To order multiple copies, call 1-888-398-9696.

'Tis the Season ...

It's hard to believe how quickly the holidays are approaching! We are all busy making our shopping lists, planning menus, and anxiously awaiting time with our family and friends. But, as MCH and FP agencies, we think about the families we serve and how difficult the holidays can be for them.



For more than a decade, Bureau of Family Health staff has forgone the typical office holiday party with a gift exchange or 'Secret Santa'. Instead, we have worked with community partners across central Iowa to 'adopt' families. Staff members have purchased basic necessities, such as winter coats, mittens and underwear, to the most wanted item of the year (mp3 players and Tickle Me Elmo)! For our annual 'party', we spend an afternoon wrapping the presents, sorting them, and delivering them to the most appreciative families. We also work with our local HyVee, providing all of the fixings for a magnificent holiday feast!

As you are planning your agency/program holiday parties, staff at the BFH encourages you to reach out. If your office has a gift exchange, consider some gift alternatives that would support your local families. Here are some ideas:

- Consider 'adopting' a family. Instead of gifts for employees, consider purchasing gifts for one or more local families. Through homeless shelters and family support non profits, organizations can easily find a family in your area.
- Purchase 'experience' gifts. Rather than purchase a tangible item, consider giving gifts that are more experiential such as movie tickets, dinner gift certificates, guided hike tours, or other local services.
- Fair Trade and Local. If your office still wants to do a gift exchange, promote fair trade and/or local products.

If your agency does something similar or has other ideas to share with the other Title V and Title X agencies, please let us know! You can email Marcus Johnson-Miller (marcus.johnson-miller@idph.state.ia.us) and we will compile your efforts and share them in a future edition of **The UPDATE**.

Have a safe, healthy and enjoyable holiday season!

Calendar

November 15-16

**Domestic Violence & Reproductive Coercion for
Home Visitation Programs Training**

Polk County River Place Conference Center
Room 1-1A

***January 19, 2012**

**Bureau of Family Health Grantee Committee Meeting
ICN**

* Required meeting

NOVEMBER Contract Required Due Dates

14 - FP Client Visit Records

15 - Electronic Expenditure
Workbooks

15 MCH FP Summary of
Insurance Verification

15 MCH/FP Year-End Report
(including MCH/FP Client
Satisfaction Survey & FP
Outreach Report)

28 Export WHIS Records to
IDPH

30 2011 Semi-Annual
CAREs/WHIS Review
Summaries



Bureau of Family Health: 1-800-383-3826

Teen Line: 1-800-443-8336

Healthy Families Line: 1-800-369-2229

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Consejos para nuevas mamás

Es su cuerpo.

Cuide su salud.

Camine todos los días. Empiece despacio al principio. Comience con una caminata de 5 a 10 minutos. Vaya aumentando hasta llegar a 30 minutos de caminata la mayoría de los días de la semana. Agregue otras actividades que le gustan. Pase menos tiempo delante de la computadora o la televisión.

Trate de conseguir un peso saludable. Pierda las libras adicionales del embarazo lentamente — aproximadamente una libra (medio kilo) por semana. Recuerde que ganar el peso tomó tiempo. Perderlo también tomará tiempo. Estas son algunas maneras fáciles de comenzar.

- Amamantar ayuda a las mamás a perder peso.
- Elimine un bocadillo/refrigerio cada día.
- Beba agua o bebidas bajas en calorías.
- Cámbiese a la leche baja en grasa 1% o la leche sin grasa.
- Para bocadillos/refrigerios coma frutas y verduras.
- Coma alimentos de grano entero para que sus comidas sean más nutritivas y la hagan sentirse llena.
- Conozca los tamaños de las porciones.
- Vaya a www.MyPyramid.gov para ver los pasos para ser más saludable.

Se activo.

Coma bien.

Hágalo por usted.

Hágalo por sus seres queridos.

Encuentre tiempo para usted. Duerma siesta mientras su bebé duerme siesta. Aunque no pueda dormir, acuéstese y descanse. Prepare comidas sencillas. Pida ayuda a sus familiares y amigos. Deje que hagan la compra, cocinen y limpien. Si se siente triste o deprimida, hable con su médico.

Planifique su próximo embarazo.

- Casi la mitad de los embarazos no son planificados. ¿Quiere otro bebé? ¿Cuál es su plan para evitar sorpresas? Un embarazo no planificado podría resultar en estrés para el resto de su vida y problemas para su próximo bebé.
- Si fuma, déjelo. Evite la cerveza, el vino y todas las demás formas de alcohol.
- Espere hasta que su bebé tenga por lo menos 18 meses de edad antes de quedarse embarazada de nuevo. Esto aumentará las posibilidades de que su próximo embarazo y su próximo bebé sean saludables.
- Tome ácido fólico todos los días. El ácido fólico ayuda a prevenir los defectos congénitos. Tome 400 microgramos (mcg) de ácido fólico todos los días. El ácido fólico se encuentra en pastillas de vitaminas, cereal fortificado y otros alimentos. Las etiquetas indican cuánto ácido fólico hay por porción.
- El yodo ayuda al desarrollo del cerebro del bebé durante el embarazo. Las mujeres embarazadas necesitan 150 microgramos (mcg) de yodo todos los días. El yodo se encuentra en la sal yodada y otros alimentos procesados. Vea el contenido de yodo en la etiqueta de su vitamina prenatal.



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Programa WIC de Iowa
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