WIC and the Older Child

Are you struggling to keep up with your bills? Are you looking to stretch your food stamp dollars this year? Did your benefits get cut? Do you need help making ends meet? If you answered yes to any of these questions and have a child less than 5 years of age, you may want to consider enrolling your child in the WIC (Women, Infant and Children) Program.

During these hard economic times, people are looking for ways to save money. This is an opportune time to take a long, hard look at the WIC Program to see if your family members qualify. The current value of the WIC food package for a 1 to 5 year old is approximately $44 per month, which is a savings of $528 per year. A family with two children enrolled in WIC, would save approximately $1,057 per year! As you can see, the benefits add up! This puts money in your pocket to help with your other expenses!

The WIC staff at the Health Department is dedicated to supporting you and your family. WIC staff promise to:

- Listen to your concerns and needs
- Provide help from experienced staff and peer counselors
- Share information based on science and experience, without influence from formula or other commercial companies
- Assist you in making the best decisions for you and your family
- Respect you and your decisions about feeding your children
- Help you breastfeed as long as you and your baby want
- Work with your community and hospital to promote and support breastfeeding and encourage a healthy lifestyle

As a courtesy and benefit to you, we offer:

- Late evening clinics
- EBT (electronic benefits transfer) card
- WIC shopping lists
- On-line education opportunities
- As few as 2 visits per year to keep your child enrolled
- Fresh fruits, fresh vegetables, and juice
- Whole grain breads and cereals
- Milk and cheese
- Eggs and peanut butter or beans

(Cont. on pg. 2)
April is National Sexually Transmitted Disease Awareness Month

Approximately 19 million new sexually transmitted diseases (STD) occur every year in the United States, and almost half of these are among young people aged 15 to 24, according to the Centers for Disease Control and Prevention (CDC).

STDs pose a serious public health threat to Americans – particularly young women, African Americans, men who have sex with men (MSM), and individuals living in poverty or who have limited access to healthcare. STDs cost the United States’ health care system as much as $17 billion annually.

STDs such as chlamydia and gonorrhea are major causes of infertility among women. These and other common STDs can increase the risk of HIV transmission for both women and men.

There are many effective ways to prevent, diagnose, and treat STDs. STD screening and early diagnoses are vital to prevent serious health consequences and increased transmission.

Screening is particularly important since many STDs often have no signs or symptoms. CDC recommends annual chlamydia screening for sexually active women under the age of 26. CDC also recommends that girls and women between the ages of 11 and 26 who have not been previously vaccinated or who have not completed the full series of shots, be fully vaccinated against HPV. For sexually active MSM, CDC recommends annual HIV and syphilis blood testing, annual chlamydia testing, as well as annual gonorrhea testing, with more frequent testing for MSM who engage in high-risk behavior.

For more information on screening for STDs and the HPV vaccination please call the Health Department at 774-1868 or 265-9913.

For more information about STDs visit www.cdc.gov/std.

WIC and the Older Child

(Cont. from front pg.) Something to think about . . . a study conducted by the Institute for Research on Poverty, 2004, found that WIC participation at age 4 has large and significant effects on decreasing the probability that a child is at risk of being overweight. This suggests that either the nutrition education or the actual provision of healthy food is helping to prevent obesity among young children. This is an important measure of the success of the WIC program because of the importance of obesity as a public health threat, and because of the importance of establishing healthy eating habits early in life. Once habits are “set-in,” it’s difficult to change them - that’s why it’s so important to develop good eating habits early in life!

WIC can give you the tools you need to help grow strong, happy, healthy kids. Eating well and keeping physically active are key. Lead the way by being a good example for them. Swap the cheese-burger for a salad. Turn off the TV and go outside to play catch, shoot some hoops, or take a walk with your child. The WIC Program will work with you and support your efforts. Find out how you can get fit with WIC today! To learn more about or to enroll your child in WIC, please call Tina at 779-7212 or Sue at 265-4173. Remember it’s not too late to get your child enrolled in WIC!

This institution is an equal opportunity provider and employer.

(Megan Phillips with daughter LaVaya Wahlstrom with WIC Nurse Debbee Horton)
April 2 - 8 is National Public Health Week

This year, we’re focusing on creating communities that are more aware of the importance of taking preventive measures through our campaign “A Healthier America Begins Today: Join the Movement.” Individuals can live healthier and longer lives by taking steps to prevent diseases before they happen.

With nearly 1 million Americans dying every year from diseases that could be prevented, even small preventive changes and community initiatives can make a big difference in living healthier lives. Here are just a few ideas.

If we take small actions, our communities, homes and families will see the large benefits of preventive care and grow the movement. Eating healthy and engaging in regular physical activity are just a couple ways people can stay healthy. Yet each year, despite these easy ways to stay healthy, nearly 1 million Americans die from diseases that could have been prevented.

Eating less, eating healthier and exercising regularly can go a long way toward helping Americans lessen their risk from deaths that could have been prevented, such as heart disease, cancer and stroke.

Did You Know?

• Fewer than 15 percent of adults and 10 percent of adolescents eat the recommended amounts of fruits and vegetables each day.

• More than two-thirds of the adult population is overweight or obese. Approximately one in five children are overweight or obese by the time they reach their sixth birthday, and over half of obese children became overweight at or before age 2.

• Physical inactivity is a primary contributor to one-third of the adult population being overweight or obese and one in six children and adolescents being obese.

• At least 40 percent of adults and 80 percent of adolescents do not meet the Physical Activity Guidelines for Americans.

• In combination with healthy eating, physical activity can help prevent a range of chronic diseases, including heart disease, cancer and stroke, which are the three leading causes of death in America.

Together we can change these statistics and live longer and healthier lives. Small changes can help you, your family and your community. Taking action to promote active living and healthy eating is more than just common sense — it works.

(Cont. on back pg.)
April 2 - 8 is National Public Health Week

(Cont. from pg. 3)

Here are just a few examples:

**Start small...**

- Eat more fruits and vegetables, consume less sugar and fat, eat healthier snacks, watch portion size and eat together as a family.
- Eat less by avoiding oversized portions, make half of the plate fruits and vegetables, make at least half of the grains whole grains, switch to fat-free or low-fat (1 percent) milk, choose foods with less sodium and drink water instead of sugary drinks.
- Take part in “Let’s Move!” activities. “Let’s Move!”, launched by first lady Michelle Obama, is a comprehensive initiative dedicated to solving the problem of obesity within a generation.
- Engage in physical activity every day. Aim for a total of 60 minutes for children, 30 minutes for adults.
- Consider following the American Academy of Pediatrics (AAP) recommendations that children under 2 years old not watch any TV and that those older than 2 watch no more than one to two hours a day of quality programming.
- Supplement aerobic activities with muscle strengthening activities that involve all major muscle groups on two or more days a week.
- Support walk and bike-to-school programs and work with local governments to make decisions about selecting school sites that can promote physical activity.
- Plan family trips to parks and other outdoor locations.
- Post information about NPHW on your Facebook page, blog or Twitter account and share how you are working to live a more active and healthier life with your friends.
- Submit a letter to the editor to your local newspaper in response to a recent article that underscores the importance of active living and healthy eating during NPHW and beyond.

There is much more you can do to help promote active living and healthy eating beyond these actions. By raising awareness of prevention within your community during National Public Health Week, you can help members of your community live healthier and longer lives.

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