



# Dickinson-Iron District Health Department

## Dickinson County

818 Pyle Drive, Kingsford, MI 49802  
Ph: (906) 774-1868 Fax: (906) 774-9910  
BRANCH OFFICE

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

## Iron County

601 Washington Avenue, Iron River, MI 49935  
Ph: (906) 265-9913 Fax: (906) 265-2950  
MAIN OFFICE

### FOR IMMEDIATE RELEASE

#### Contact Information:

Kelly Rumpf, 779-7234



## 2007 – Michigan's Year of Public Health Dickinson-Iron District Health Department Kicks off Healthy Beginnings Month

Kingsford and Iron River, Michigan, March 1, 2007 - Good health before pregnancy helps to protect a baby's growth and development. March is designated as "Healthy Beginnings" month, and the Dickinson-Iron District Health Department officials are reminding women to take good care of themselves before, during, and after pregnancy to give their babies a healthy start.

"Long before a woman is ready to be pregnant, the decisions she makes, such as using effective family planning methods and taking steps to prevent sexually transmitted diseases and HIV, help her chances of having a healthy pregnancy," said Margie Surface, WIC Public Health Coordinator.

Once a woman is pregnant, the Dickinson-Iron District Health Department offers many services to help ensure a healthy baby, especially for low-income women.

"We offer maternal support programs, including the Infants and Children (WIC) Nutrition Program, not only because we care about women and babies but because they are good investment," said Surface. "In fact, for every dollar spent on WIC, \$3.50 is saved in future costs; saving lives means saving dollars."

Good nutrition prevents many health problems in babies. The best food for most babies is breastmilk. Breast-feeding lowers a child's risk for many types of infections and allergies and may also help protect children from some health problems, such as eczema and asthma. Health Department officials encourage moms to breastfeed until their babies are 12 months old, or longer.

"The Dickinson-Iron District Health Department is always working to promote healthy babies, encouraging good nutrition, sleep routines, and lots of TLC," said Surface. "Promoting healthy babies also means making sure parents know they need to secure their child in a car seat when riding in a motor vehicle."

Despite the best preparation, some babies are born with disabilities. Then, Health Department staff coordinates Children's Special Health Care Services, which provides financial assistance for health care for certain medical conditions, with other services from Intermediate School Districts, hospitals, and others in the community.

The Dickinson-Iron District Health Department is committed to promoting wellness, preventing disease, and protecting the environment. For additional information about preparing for a healthy pregnancy and baby visit our website at [www.didhd.org](http://www.didhd.org) or call the Health Department at (906) 774-1868 or (906) 265-9913.

Additional information about the "Public Health – For Michigan. For You" slogan and "2007: The Year of Public Health" can be found at [www.malph.org](http://www.malph.org).

*Dickinson-Iron District Health Department Serving the Community Since 1936 in Health Protection, Health Promotion and Disease Prevention.*

###