August: National Immunization Awareness Month

We all need shots (also called vaccinations or immunizations) to help protect us from serious diseases. To help keep our community safe, the Florida Department of Health Jackson County is proudly participating in National Immunization Awareness Month.

Shots can prevent serious disease like the flu, measles, and pneumonia. It’s important to know which shots you need and when to get them.

The Centers for Disease Control and Prevention state vaccines reduce the risk of infection by working with the body’s natural defenses to help it safely develop immunity to disease.

Breastfeeding and Work: Let’s Make it Work!

Women who breastfeed in any work setting should be provided with time, space and support to succeed.

The Florida Department of Health is working to promote breastfeeding as a vital health activity, and encourages breastfeeding-friendly hospitals, child care facilities, work places and communities.

How to feed the newborn is one of the most important decisions a family can make, and most women who choose to breastfeed have a specific goal in mind.

Research shows:

- Breastfeed infants have reduced risk of infections, asthma, obesity and SIDS compared with formula-fed infants;
- Mothers who breastfeed have a reduced risk of breast cancer, ovarian cancer and postpartum depression compared to mothers who don’t breastfeed; and
- It’s estimated that $13 billion would be saved per year if 90 percent of U.S. infants were breastfed exclusively for six months.

See page 5 for more information.
false.

All animal products
contain cholesterol, which is
found equally in the lean
meat and the fat: about 20 to
25 milligrams per ounce. But
it is still important to trim the
fat from all meats and discard
poultry skin, because the
highly saturated fat has a
worse effect on your blood
cholesterol than dietary
cholesterol itself.

True or False? Trimming
the fat eliminates most of
the cholesterol from
meats.

Trimming fat from meats

This graph shows immuniza-
tion rates among Jackson
County Kindergarten stu-
dents. The Florida Depart-
ment of Health, Bureau of
Immunization reports the 3-
year rolling rate for 2012-
2014 of immunization levels
in kindergarten to be 97.15%.
Jackson County Kindergarten
students have maintained a
steady immunization rate
greater than 95% since calen-
dar year 1993.

Children presenting to Coun-
ty Health Departments and
enrolled/covered by health
insurance are encouraged to
request immunizations from
their healthcare provider.

Healthy Nutrition Question - Trimming the Fat?

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Be Safe...Vaccinate!

ACROSS
3. an antibody that counteracts a toxin
4. protection or resisting attack
7. compound or preparation used for treatment or prevention of disease
9. an additional dose of an immunizing agent
10. the ability of an organism to resist a particular infection or toxin
11. quantity or medicine prescribed to be taken at one time

DOWN
1. any preparation used a preventative inoculation
2. preservation from injury or harm
5. pyrexia; febrile response
6. being free from illness or injury
8. the process of forcing a liquid medicine or drug into someone using a special needle
10. injecting a material into to protect against or treat a disease

DTaP is an immunization vaccine against 3 infectious diseases: diphtheria, pertussis, and tetanus.

Making sure your children stay up to date with vaccinations is the best way to protect your communities and schools from outbreaks that can cause unnecessary illnesses and deaths.

ANSWER—PAGE 4
Directions
Dress the tomatoes, onions, and cucumber with olive oil, red wine vinegar, salt, and pepper. Let stand while you prepare dinner, about 20 minutes. Retoss and serve salad with crusty bread for mopping up juices and oil.

Recipe courtesy of Rachel Ray.

Ingredients
5 medium plum tomatoes, halved together lengthwise, seeded, and thinly sliced
¼ red onion, peeled, halved lengthwise, and thinly sliced
1 Kirby cucumber, halved lengthwise and thinly sliced
A generous drizzle of extra-virgin olive oil, about 2 tablespoons
2 splashes of red wine vinegar
Coarse salt and black pepper
BREASTFEEDING | THE GOAL

By 2025, increase to at least 50% the rate of exclusive breastfeeding in the first six months

WHY IT MATTERS

BENEFITS OF BREASTFEEDING

1. Babies who are fed nothing but breastmilk from birth through their first 6 months of life get the best start
2. Exclusive breastfeeding provides babies: the perfect nutrition & everything they need for healthy growth and brain development
3. Protection from respiratory infections, diarrheal disease, and other life-threatening ailments
4. Protection against obesity & non-communicable diseases such as asthma and diabetes

LIMIT FORMULA MARKETING

WHAT? Significantly limit the marketing of breastmilk substitutes
HOW? Strengthen the monitoring, enforcement and legislation related to the International Code of Marketing of Breastmilk Substitutes

SUPPORT PAID LEAVE

WHAT? Empower women to exclusively breastfeed
HOW? Enact six-months mandatory paid maternity leave and policies that encourage women to breastfeed in the workplace and in public

STRENGTHEN HEALTH SYSTEMS

WHAT? Provide hospital and health facilities-based capacity to support exclusive breastfeeding
HOW? Expand and institutionalize the baby-friendly hospital initiative in health systems

SUPPORT MOTHERS

WHAT? Provide community-based strategies to support exclusive breastfeeding counselling for pregnant and lactating women
HOW? Peer-to-peer and group counselling to improve exclusive breastfeeding rates, including the implementation of communication campaigns tailored to the local context

SCOPE OF THE PROBLEM

Globally, only 38% of infants are exclusively breastfed
Suboptimal breastfeeding contributes to 800,000 infant deaths