



PUBLIC HEALTH UPDATE

WHAT'S NEW IN PUBLIC HEALTH?

NATIONAL BREASTFEEDING MONTH

Breastfeeding Benefits

August is National Breastfeeding Month, and we want to highlight the numerous benefits including:

FOR BABIES

- Stronger immune systems
- Lower risk of chronic illnesses & conditions
- Easier digestion
- Better physical & cognitive development

FOR MOMS

- Lower risk of certain cancers and chronic illnesses
- Faster recovery after childbirth
- Lower costs compared to formula

Health Department Programs

The Health Department has several programs to help moms with breastfeeding, including:

WIC (WOMEN, INFANTS, & CHILDREN)

The WIC program provides supplemental food assistance and education for new moms. Plus, moms who exclusively breastfeed get more benefits!

HEALTHY START HOME VISITING

Our Health Start Home Visitors are here to help new & expecting moms through support & education.

If you have any questions about breastfeeding, don't hesitate to call your local Health Department!

NEW PODCAST EPISODE

A new episode of our podcast, *For The Health Of It*, is now available!

In this episode, we feature another awesome community partner, **USD 470** and their **Head Start Program!**

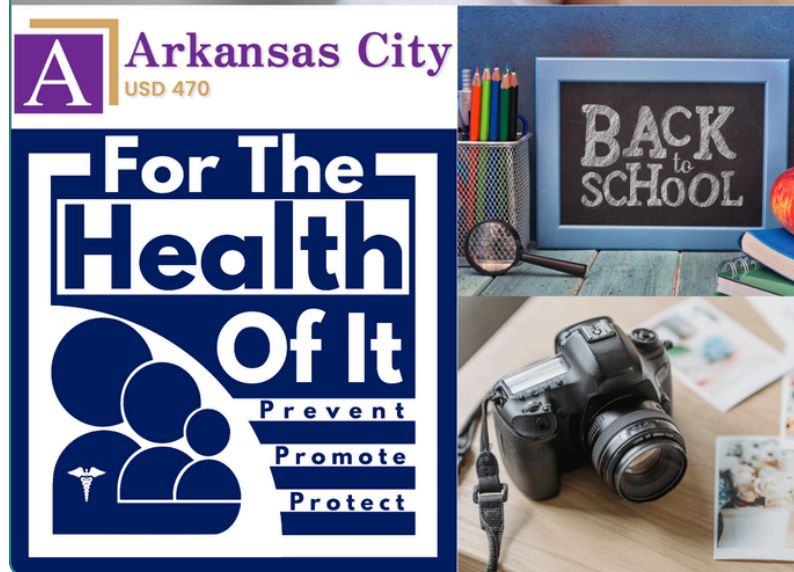
Alisha Call and Tara Taylor sit down with Tom & Ally to discuss the Pre-K Program, childhood development, the upcoming school year, and more!

Check it out on your favorite podcast platform, or give it a listen on YouTube at the following link:

<https://youtu.be/axpDtuDEBdY>

Let us know what topics you're interested in hearing about at the link below:

survey.alchemer.com/s3/7394023/For-The-Health-Of-It-Survey



BACK TO SCHOOL MONTH

Back to School Month has officially begun! With the new school year just over the horizon, there will certainly be lots to do!

Save yourself the stress and get your child's immunizations & check-up done ahead of time!

We offer the full schedule of vaccines and can administer your child's yearly check-up too!

Give us a call and set your appointment today!

WORLD PHOTO DAY CONTEST

Send us your best snaps from around Cowley County & you could win a prize! Plus, your photo will be featured on the cover of our annual report & in our mobile app! The contest ends on August 30th & the winner will be announced on September 2nd.

Use the link below to submit your pics:

survey.alchemer.com/s3/6981960/Mobile-App-Photo-Submission