

National Public Health Week

April 1 – 7

The first National Public Health Week took place in April 1955 and was organized by the American Public Health Association (APHA). We, in the public health field, come together to celebrate and support public health.

During each day of National Public Health Week, there were specific themes.

- **Monday:** Civic Engagement
- **Tuesday:** Healthy Neighborhoods
- **Wednesday:** Climate Change
- **Thursday:** New Tools and Innovation
- **Friday:** Reproductive and Sexual Health
- **Saturday:** Emergency Preparedness
- **Sunday:** Future of Public Health



www.nphw.org

National Child Abuse Prevention Month

In the month of April, communities observe the widespread efforts of many partners to prevent child maltreatment. Last year, there were over 32,000 referrals for suspected abuse or neglect in San Bernardino County. Some characteristics and risks of child abuse are:

- Children under 4 years old.
- Children with special needs.
- Caregivers with drug or alcohol and mental health issues.
- Communities with high rates of violence and crime.
- Communities with limited educational opportunities.
- Communities with easy access to drugs and alcohol.
- Families that are isolated from other people.
- Communities with low levels of interdependence or involvement with others.

cn.sbcounty.gov/programs/child-abuse-prevention

Black Maternal Health Week: **April 11 – 17**



Black Maternal Health Week is a national observance that raises awareness of the racial inequities in maternal health among Black women. Each year in the United States, hundreds of women die due to pregnancy-related complications; however, in California, Black women are three to four times more likely to die from a pregnancy-related cause compared to any other race. Many factors contribute to these disparities, such as access to care, inequities in the quality of care received, underlying chronic conditions, structural racism and implicit bias, and the overall environment.

www.cdc.gov/healthequity/features/maternal-mortality/index.html

May is Preeclampsia Awareness Month

It is important to raise awareness of this serious complication that develops in pregnant women. Preeclampsia is high blood pressure that occurs after the 20th week of pregnancy or after birth. Signs and symptoms of preeclampsia include:

- Headache
- Swelling of face or hands
- Sudden weight gain
- Stomach pain
- Changes in vision
- Trouble breathing
- Nausea or vomiting



Risk factors for Preeclampsia

There is not a specific cause for preeclampsia, but there are some factors that may increase the likelihood of someone getting it. You are at high risk of preeclampsia if:

- You have a history of preeclampsia in a prior pregnancy.
- You are pregnant with multiples (twins, triplets, or more).
- You have high blood pressure, diabetes, kidney disease, or an autoimmune disease.
- You are a person who has obesity.
- You have a family history of preeclampsia.
- You are older than 35 years of age.

Children's Mental Awareness Week May 3 – 9

In May, we help to raise awareness about mental health. Having positive mental health is critical to a child's development. Mental health disorders can affect their ability to handle their emotions, learn, and behave. Some things that you can do to support children's mental health include:

- Making sure children meet their developmental milestones.
- Understanding what to do when there is a concern.
- Seeking assistance from a healthcare provider.
- Supporting positive parenting strategies.
- Improving access to care and services.



Mental Health and Pregnancy

Postpartum depression (PPD) is the most common mental health condition that affects many pregnant women. Symptoms of postpartum depression include:

- Crying more than usual.
- Feelings of anger or sadness.
- Loss of interest or joy in things you used to enjoy.
- Feeling distant from your baby, your friends, and family.
- Doubting your ability to take care of your baby.

Being a first-time mother or having a baby can be challenging, and mothers should have all the support they can get during this time.

Good Health Before Pregnancy

Interpregnancy care refers to care provided to women of childbearing age who are between pregnancies, to improve health outcomes of the next pregnancy. Part of interpregnancy care includes preconception and interconception health.

Preconception care relates to health conditions and risk factors that can affect a woman and her baby. Interconception health is the period between pregnancies. Services for interconception health include information on access to care, healthy interpregnancy intervals, family planning, basic nutrition, and chronic health conditions.



Interpregnancy Interval

Interpregnancy interval is a modifiable risk factor, and it refers to a woman spacing the next pregnancy by at least 18 months to reduce the risk of adverse health outcomes. The health outcomes of spacing pregnancies too close together may increase the risk of:

- Postpartum depression
- Preterm delivery
- Low birthweight
- Congenital disorders
- Infant mortality



Taking Folic Acid Before and During Early Pregnancy

Folic acid is a necessary vitamin that your body needs for healthy growth and development. Pregnant women are recommended to take 400 to 1,000 mcg of folic acid daily to prevent birth defects. Some ways that you can get folic acid include:

- Fortified or enriched food
 - Bread, breakfast cereal, flour, pasta, and white rice.
- Fruits and vegetables
 - Beans, leafy green vegetables, asparagus, broccoli, and orange juice.
- Vitamin supplements
 - The label below should be on the back of every bottle and will list nutrient information.

Multivitamin label example

Supplement Facts

Serving Size 1 Gelcap
Servings Per Container 100

	Amount Per Serving	% Daily Value
Vitamin A (as retinyl acetate and 50% as beta-carotene)	900 mcg	100%
Vitamin C (as ascorbic acid)	90 mg	100%
Vitamin D (as cholecalciferol)	20 mcg (800 IU)	100%
Vitamin E (as di-alpha tocopheryl acetate)	15 mg	100%
Thiamin (as thiamin mononitrate)	1.2 mg	100%
Riboflavin	1.3 mg	100%
Niacin (as niacinamide)	16 mg	100%
Vitamin B ₆ (as pyridoxine hydrochloride)	1.7 mg	100%
Folate	400 mcg DFE	100%
	(240 mcg folic acid)	
Vitamin B ₁₂ (as cyanocobalamin)	2.4 mcg	100%
Biotin	3 mcg	10%
Pantothenic Acid (as calcium pantothenate)	5 mg	100%

Other ingredients: Gelatin, lactose, magnesium stearate, microcrystalline cellulose, FD&C Yellow No. 6, propylene glycol, preservatives (propylparaben and sodium benzoate).

Childhood Obesity

Developing healthy habits at a young age will be the building blocks for lifelong well-being, which is important for growth and development. Here are some ways to help children maintain a healthy weight.



Ensure adequate sleep.



Develop healthy eating habits.



Reduce screen time.



Help children stay physically active.



Limit snacks with lots of salt, added sugar, and fats.



Model good health habits.

www.cdc.gov/healthyweight/children/index.html

❤️💛💚 Juneteenth ❤️💛💚

June 19, 1865, marks the day when enslaved Americans in Galveston, Texas received the news that they had been freed from slavery. More than 250,000 African Americans finally realized freedom on this day, more than two years after President Abraham Lincoln signed the Emancipation Proclamation. Juneteenth now represents a day to commemorate a historic event as well as celebrate freedom for all Americans.

On June 19, 2021, President Biden signed a law to make Juneteenth a federal holiday. Juneteenth not only commemorates the end of slavery in the United States, but it also calls us to action today. This day is for us to remember that we still need to work towards equity, equality, and justice.



www.whitehouse.gov

Celebrating Black Joy: Love, Community, and Authenticity



(Pictured: BIH program staff from jurisdictions across California.)

Earlier this year, the statewide Black Infant Health Program (BIH) joined the California Department of Public Health (CDPH) in the 7th Annual Black Joy Parade in Oakland, CA. Held annually during Black History Month, the parade provides the Black community, and all other communities ready to join in on the fun, with a lively experience that celebrates the Black influence on cultures past, present, and future.

This year's theme, "Finding Joy in the Hustle", resonated with over 30,000 attendees all joining in an array of interesting, informative, and exciting festivities. The event radiated cultural richness in every aspect including food, clothing, accessories, books, art, music, health, and wellness. Affirmative energy radiated from the 215+ black-owned vendors, the attendees (adults and children alike), 115+ Black-led groups in the parade, and 10+ stage performances at the festival. Collectively, eventgoers demonstrated the importance of uplifting Black joy and not being defined by oppression, stereotypes, and systemic barriers. This event allowed Black families to get the latest information in health and wellness, connect with healthcare professionals, and meet BIH program staff statewide to learn about the program. Attendees led with the powerful and resilient mantra that being Black is to exude joy, style, and elegance all day, every day!

According to the CDPH, Black women are twice as likely to give birth to a low-birthweight (less than 5 lbs., 8 oz.) infant. Black Women are three to four times more likely to die from pregnancy-related causes than women of other races/ethnicities. These poor birth outcomes persist even when Black women are pregnant at an optimal age, have a high income, or are well-educated.

To combat chronic stress and its harmful impact on maternal and infant health outcomes, the San Bernardino County Department of Public Health's Black Infant Health Program provides social support and case management services intended to empower Black moms in a culturally affirming environment.

Additionally, through the Perinatal Equity Initiative, Black moms receive doula services, and father support is provided through the 24/7 Dad Fatherhood Program.

For more information about Black Maternal Health, visit dph.sbcounty.gov/programs/fhs/bih/ or email askMCAH@SBCounty.gov.

Highlights



SAN BERNARDINO COUNTY | Public Health
Women, Infants & Children

WIC Promotes and Supports
BREASTFEEDING

CALIFORNIA **wic**
WOMEN, INFANTS & CHILDREN
Families grow healthy with WIC



San Bernardino County
DEPARTMENT OF PUBLIC HEALTH

**EASY ACCESS
CLINIC**

San Bernardino Health Center
606 E. Mill St., San Bernardino

Tuesdays from 2 - 6 p.m.

Services offered:

- Free STI testing/treatment
- HIV PrEP navigation
- Linkage to care and other resources
- Health education

SAN BERNARDINO COUNTY

Visits are by appointment only. For more information, call (800) 722-4794.

**PUPDATE:
PET ADOPTIONS**

We're thrilled to announce the approval of funding by the Board of Supervisors to reduce pet adoption fees through the Community Concerns General Fund.

Adoption Fees through June 2024:
Cat Adoptions \$10
Dog Adoptions \$20

San Bernardino County Animal Care

Big Bear Animal Shelter
42060 North Shore Dr.
Big Bear Lake

Devore Animal Shelter
19777 Shelter Way
San Bernardino

All pets come spayed or neutered, microchipped, and receive most vaccines.



Join us at Devore and Big Bear Animal Shelters for your chance to adopt a furry friend into your loving home! We're thrilled to announce that adoption fees have been lowered through June 2024, making it even easier to find your perfect pet companion.

animalcare.sbcounty.gov



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