

Support of breast feeding encouraged

This year's theme is "Breast-feeding; Just 10 Steps! The "Ten Step" theme commemorates the 20th anniversary of the Innocenti Declaration developed by the World Health Organization and the United Nations Children's Fund. This document calls for the implementation of the Baby-Friendly Ten Steps in all maternity facilities to support breastfeeding.

The Kansas Department of Health and Environment encourages the benefits of breastfeeding and its important, positive long term effects on the growth and development of infants.

"We promote breastfeeding during the first six months of infancy and longer," said Roderick Bremby, secretary of the department. "It is the best way an infant can obtain the nutritional and emotional resources needed during the first year

of life."

UNICEF estimates that more than six million babies are saved every year worldwide through exclusive breastfeeding. Even in developed countries such as the U. S., breastfeeding saves infants and drastically reduces health care costs. An online study published in the journal "Pediatrics" in April reported the lives of 900 babies and billions of dollars in health care costs would be saved each year in the United States if 90 percent of United States women breastfed their infants for the first six months of life.

"Breastfeeding promotes overall health, growth and development for infants by preventing infections during infancy, as well as asthma, obesity, diabetes and other chronic illnesses in childhood and later adulthood," said Dr. Jason Eberhart-Phillips, state health officer and

director of health. "In addition to the benefits for infants, breastfeeding is also a benefit to mothers by advancing the recovery from postpartum depression and decreasing the risk of ovarian, uterine and endometrial cancers, as well as anemia, diabetes and osteoporosis."

Research shows that implementation of just some of the 10 steps recommended for maternity facilities improve breastfeeding initiation and duration rates. The Ten Steps recommended are:

- Have a written breastfeeding policy
- Train healthcare staff in necessary skills to implement the policy
- Inform pregnant women about the benefits and management of breastfeeding
- Help mothers initiate breastfeeding within 60 minutes after birth

- Show mothers how to breastfeed and maintain lactation

- Give newborn infants no food or drink other than breast milk unless medically indicated

- Practice 24 hour rooming-in
- Encourage breastfeeding on demand

- Give no artificial teats or pacifiers

- Refer mothers to support groups on discharge from the facility

More information on breastfeeding, and its benefits, can be found at: <http://www.kansaswic.org/breastfeeding/>

As the state's environmental protection and public health agency, Kansas Department of Health and Environment promotes responsible choices to protect the health and environment for all Kansans.

Cosmetology Department's New Look!



Northwest Tech continues to improve their facilities. The Cosmetology Department has been completely renovated. Christa Bergsman, Cosmetology instructor, and current students gave tours and explained the various salon and spa services that are being taught.

Northwest Tech Cosmetology students use their hands-on training to offer salon and spa services to the public five days a week, from 8 a.m. to 3 p.m....

"The Northwest Tech students are passionate about what they are learning and appreciate the understanding of each client participating first-hand in their educational experience"

"Without our clients, our students wouldn't be able to prepare for their profession in the field of cosmetology," said Crista.

Classifieds work! 899-2338

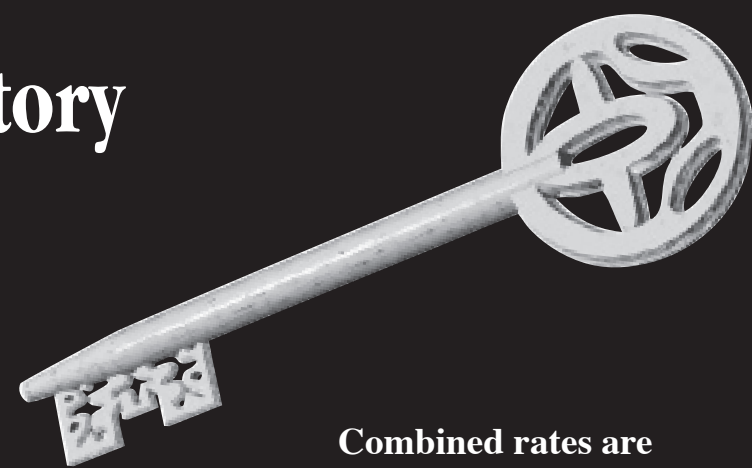
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