

# Division of Nutrition & Physical Activity

North Dakota Department of Health  
Community Health Section

## Division Staff:

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WIC Because You Care

## **Mission:**

To support growth and development; prevent overweight and obesity; and prevent and control diabetes through programs designed to improve healthful eating and physical activity.

## **Vision:**

North Dakotans are physically active, eat healthy foods, and live in communities that support those behaviors.

## **Healthy Communities**

This program assists partners in schools, worksites and other community settings build and support environments that make it easier for North Dakota residents to choose healthy foods and be physically active. Specific objectives are to:

- provide technical assistance and training to state and local partners on policy, systems, and environmental change strategies in the areas of healthy eating and active living;
- provide funding to local Moving More, Eating Smarter (MMES) community coalitions [www.healthnd.org/MMES.html](http://www.healthnd.org/MMES.html) to support coalition activities related to healthy eating and active living;
- build a statewide communication network for state and local partners working to improve healthy eating and active living;
- integrate healthy communities concepts into other state chronic disease prevention programs; and
- coordinate the Communities Putting Prevention to Work State Initiative which works to increase support for breastfeeding in the workplace and improve physical activity in child care settings.

## **Special Supplemental Nutrition Program for Women, Infants and Children (WIC)**

WIC offers healthy food for proper growth and development and helps families choose healthier ways of eating. WIC is for eligible pregnant, breastfeeding and postpartum women, infants, and children under 5 years and is available in all North Dakota counties. WIC offers:

- A carefully defined package of supplemental nutritious foods.
- Nutrition education and counseling to improve dietary practices.
- Breastfeeding promotion and support.
- Referrals that link participants to other vital health care and social services.

Visit [www.ndhealth.gov/wic](http://www.ndhealth.gov/wic) for more information about the ND WIC program.

## **Breastfeeding Promotion and Support**

Breastfeeding is universally endorsed by the world's health and scientific organizations as the best way of feeding infants and young children. It is also recognized by the Centers for Disease Control and Prevention (CDC) as a primary strategy to reduce childhood obesity. The WIC Program, Healthy Communities Program and Maternal and Child Health Nutrition Program work together to promote breastfeeding and improve support for breastfeeding in all settings. Some activities include providing leadership for the statewide breastfeeding coalition, providing technical assistance to the local breastfeeding coalitions, and coordinating the infant-friendly workplace designation program.

For more information about breastfeeding, go to [www.ndhealth/breastfeeding](http://www.ndhealth/breastfeeding).

**Maternal and Child Health Nutrition** - This program promotes nutritional wellbeing across the lifespan for women (preconception, prenatal, perinatal, breastfeeding and general wellbeing), infants, and children.

The objectives of this program are to:

- provide technical assistance to state and local partners, specifically those working with Maternal and Child Health (MCH) programs and with the MCH population to address women's and children's nutrition needs through the life cycle;
- assist in the planning, implementation and evaluation of state MCH program activities;
- facilitate healthy eating and active living information sharing among state and local partners; and
- provide leadership and consultation to public health nutritionists.

For more information about MCH nutrition, go to <http://www.ndhealth.gov/nutrition/>

**Diabetes Prevention and Control Program (DPCP)** – The DPCP supports diabetes prevention, early diagnosis and disease management by working with communities, health professionals and health systems in the areas of policy, disease management, quality improvement and education. This is accomplished primarily through collaboration with other disease programs and statewide partners to develop and coordinate joint efforts.

For more information on this disease that affects over 36,000 ND citizens and diabetes resources please visit [www.diabetesnd.org](http://www.diabetesnd.org).

**Healthy People 2020-** *Healthy People 2020* provides science-based, 10-year national objectives for improving the health of all Americans. The overarching goals are to:

- attain high-quality, longer lives free of preventable disease, disability, injury, and premature death;
- achieve health equity, eliminate disparities, and improve the health of all groups;
- create social and physical environments that promote good health for all; and
- promote quality of life, healthy development, and healthy behaviors across all life stages.

**Want to find out more information on the NPA Programs, data on women, infants and breastfeeding or fact sheets on a variety of topics? Please visit our website at: [www.ndhealth.gov/nutrphyact](http://www.ndhealth.gov/nutrphyact)**



### **Contact Information:**

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