

Division of Nutrition & Physical Activity

North Dakota Department of Health
Community Health Section

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Mission:

To support growth and development and to prevent overweight, obesity, and chronic diseases 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.

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

– This program 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.



WIC Because You Care

Visit www.ndhealth.gov/wic/ for more information about the ND WIC program.

Healthy Communities and Prevention – This program is a coordinated approach to support growth and development, prevent and reduce risk factors associated with obesity and diabetes, and to address management of diabetes. This is accomplished by providing technical assistance to partners to develop and implement chronic disease prevention and health promotion programs that have a measurable impact.

Chronic Disease Prevention – This program provides guidance and expertise to partners working to expand access to healthy foods and beverages and increase opportunities for physical activity. These approaches reach North Dakotans in schools, childcare, worksites, healthcare and communities and make it easier for North Dakotans to take charge of their health. Initiatives include:

- Chronic Disease Community grants
- Early Care and Education: *Active Play and Healthy Foods*
- Hunger Free North Dakota

Diabetes Prevention and Control – Staff work to support diabetes prevention, early diagnosis and disease management by working with communities, health professionals and health systems in the areas of policy, program development, disease management, quality improvement and education. This is accomplished primarily through technical support to emerging education programs, educator network development, collaboration with other disease programs and statewide partners to develop and coordinate joint efforts. Some initiatives include:

- Identifying Increasing the number of Diabetes Self-Management Education Programs in underserved areas and increasing awareness about these programs to eligible participants
- Supporting the National Diabetes Prevention Program
- Increasing prediabetes awareness
- Supporting the educational needs of those providing services to people with diabetes and prediabetes.
- Reducing barriers to self-management opportunities.

For more information about diabetes and diabetes resources please visit www.diabetesnd.org/.

MCH Nutrition & Breastfeeding – This program provides leadership and support to local public health nutritionists for the nutritional wellbeing across the lifespan for women, infants, and children. For more information about MCH nutrition, go to www.ndhealth.gov/nutrition/.



The WIC Program, Maternal and Child Health Nutrition Program, cancer and chronic disease programs work together to promote breastfeeding and improve support for breastfeeding in all settings. Some activities include providing leadership and technical assistance for the statewide and local breastfeeding coalitions, coordinating programs such as the Infant-Friendly Workplace Designation and the Breastfeeding-Friendly Hospital Initiative and providing breastfeeding education for professionals across the state. For more information about breastfeeding, go to www.ndhealth.gov/breastfeeding.

For 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: <http://www.ndhealth.gov/NutrPhyAct/>



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