

Health, Safety, and Nutrition Resources

EPSDT Utah Booklet

What is EPSDT? It stands for Early Periodic Screening, Diagnostic, and Treatment. EPSDT is a program for children ages birth through twenty who qualify for Medicaid. It provides preventative medical and dental care for children enrolled in Medicaid. Medicaid ensures that each child has access to necessary check-ups. Check out the link below for more information.

<https://medicaid.utah.gov/Documents/pdfs/EPSDT%20Manual.pdf>

WIC

What is WIC? It stands for Women, Infants, & Children. It serves to safeguard the health of low-income pregnant, postpartum, and breastfeeding women, infants, and children up to age 5 who are at nutritional risk by providing nutritious foods to supplement diets, information on healthy eating including breastfeeding promotion and support, and referrals to health care. Check out the link and flyers below for more information.

English flyer-


<https://wic.utah.gov/wp-content/uploads/sites/30/2023/06/WIC-Outreach-Flier-2023-Final.pdf>

Spanish flyer-

https://wic.utah.gov/wp-content/uploads/sites/30/2023/06/WIC-Outreach-Flier-2023_Spanish-Final.pdf

Your child has you, and you have WIC

Women, Infants, and Children (WIC) provides support and services to pregnant, breastfeeding, and non-breastfeeding postpartum women, and to infants and children up to their 5th birthday.



Income guidelines


Household size	Monthly (gross)	Yearly (gross)
1	\$2,248	\$26,973
2	\$3,041	\$36,482
3	\$3,833	\$45,991
4	\$4,625	\$55,500
5	\$5,418	\$65,009
6	\$6,210	\$74,518
7	\$7,003	\$84,027

Effective July 1, 2023 to June 30, 2024



WIC is a nutrition program that provides:

- Nutrition counseling
- Healthy foods
- Prenatal and breastfeeding support
- Health assessment
- Referrals to other helpful programs

Set up an appointment today
Open the camera on your phone and scan the QR code




<https://health.utah.gov/vpms/client/>

UTAH WOMEN INFANTS & CHILDREN
This institution is an equal opportunity provider.

Su hijo le tiene a usted, y usted tiene WIC

WIC (Mujeres, bebés y niños) ofrece apoyo y servicios a mujeres embarazadas, mujeres lactantes y mujeres posparto no lactantes, así como a bebés y niños hasta los cinco años de edad.



Pautas de ingresos


número de personas en el hogar	Mensual (bruto)	Anual (bruto)
1	\$2,248	\$26,973
2	\$3,041	\$36,482
3	\$3,833	\$45,991
4	\$4,625	\$55,500
5	\$5,418	\$65,009
6	\$6,210	\$74,518
7	\$7,003	\$84,027

Vigente a partir de julio 1, 2023 hasta junio 30, 2024



WIC es un programa de nutrición que proporciona:

- Asesoramiento nutricional
- Alimentos saludables
- Apoyo prenatal y de lactancia
- Evaluaciones de la salud
- Referencias a otros programas de ayuda

Haga una cita hoy mismo
Abra la cámara de su teléfono y escanee el código QR



<https://health.utah.gov/vpms/client/>

UTAH WOMEN INFANTS & CHILDREN
Esta entidad es un proveedor que brinda igualdad de oportunidades.

Importance of current well child exams

Well-child visits and recommended vaccinations are essential and help make sure children stay healthy. Children who are not protected by vaccines are more likely to get diseases like measles and whooping cough. These diseases are extremely contagious and can be very serious, especially for babies and young children. In recent years, there have been outbreaks of these diseases, especially in communities with low vaccination rates.

Well-child visits are essential for many reasons, including:

- Tracking growth and developmental milestones
- Discussing any concerns about your child's health
- Getting scheduled vaccinations to prevent illnesses like measles and whooping cough (pertussis) and other serious diseases.

<https://www.healthychildren.org/English/family-life/health-management/Pages/Well-Child-Care-A-Check-Up-for-Success.aspx>

<https://www.cdc.gov/ncbddd/childdevelopment/screening.html>

Importance of current oral health exams

Oral Health Fast Facts

- Oral health is essential to general health and well-being.
- Oral disease can cause pain and infections that may lead to problems with eating, speaking, and learning. It can also affect social interaction and employment potential.
- The three oral conditions that most affect overall health and quality of life are cavities, severe gum disease, and severe tooth loss.
- By age 8, over half of children (52%) have had a cavity in their primary (baby) teeth.
- Children from low-income families are twice as likely to have cavities as children from higher-income families.

Check out <https://www.cdc.gov/oralhealth/fast-facts/index.html> for more information.

Importance of lead screening

Protecting children from exposure to lead is important to lifelong good health. No safe blood lead level in children has been identified. Even low levels of lead in blood have been shown to affect learning, ability to pay attention, and academic achievement. While the effects of lead exposure may be permanent, if caught early there are things parents can do to prevent further exposure and reduce damage to their child's health. Click on this link for 5 things you can do to help lower your child's lead level <https://www.cdc.gov/nceh/lead/docs/5things-508.pdf>.

Importance of iron screening

What Does Iron Do?

Iron is a mineral that has many functions. Iron helps red blood cells carry oxygen through the body and supports a child's ability to learn. Having enough iron in the body can help prevent iron deficiency and iron deficiency anemia.

What Happens If My Child Does Not Get Enough Iron?

If your child does not get enough iron, your child may develop anemia. Anemia is when there are not enough red blood cells in the body or your child's ability to carry oxygen throughout the body is lowered. There are many causes of anemia. In young children, one common cause is not enough iron. Children who do not receive enough iron either from iron-rich foods or supplements are at greater risk for developing anemia.

When Does My Child Need Iron? And How Much?

All children need iron. It is important at all stages of your child's development. Babies fed only breast milk, only formula, or a mix of breast milk and formula have different needs when it comes to iron. Talk to your child's doctor or nurse about your child's iron needs at his or her next check-up.

Visit <https://www.cdc.gov/nutrition/infantandtoddlernutrition/vitamins-minerals/iron.html> for more information.

Importance of hearing screening

Hearing loss can affect a child's ability to develop communication, language, and social skills. The earlier children with hearing loss start getting services, the more likely they are to reach their full potential. If you are a parent and you suspect your child has hearing loss, trust your instincts and speak with your child's doctor. Don't wait! For more information about hearing loss in children check out this link <https://www.cdc.gov/ncbddd/hearingloss/facts.html>.

Importance of vision screening

Your child's vision helps them take in the world around them. But it also plays an important role in their development. If your child has an uncorrected vision problem, it may affect their ability to learn and reach their highest potential. Having a routine eye exam is important to keep their eyes healthy.

Since many vision problems begin at an early age, you should make sure your child gets the recommended eye exams to help keep their eyes healthy. Healthy vision is important for your child's overall development and learning ability.

You can do a lot to protect your child’s developing vision. More information on vision screening and eye exams can be found at this link

<https://www.cdc.gov/visionhealth/resources/features/vision-health-children.html>.

Maternal mental health hotline



1-833-TLC-MAMA (1-833-852-6262)

What is the maternal mental health hotline?

The National Maternal Mental Health Hotline provides 24/7, free, confidential support before, during, and after pregnancy. The Hotline offers callers:

- Phone or text access to professional counselors
- Real-time support and information
- Response within a few minutes, 24 hours a day, 7 days a week
- Resources
- Referrals to local and telehealth providers and support groups
- Culturally sensitive support
- Counselors who speak English and Spanish
- Interpreter services in 60 languages

Use this link for more information on frequently asked questions about the National Maternal Mental Health Hotline <https://mchb.hrsa.gov/national-maternal-mental-health-hotline/faq>.

Car seat safety

We can reduce the risk of serious injuries and death by making sure children are properly buckled in car seats, booster seats, and seat belts that are appropriate for their age and size.

- Car seat use reduces the risk for injury in a crash by 71–82% for children, when compared with seat belt use alone.
- Booster seat use reduces the risk for serious injury by 45% for children ages 4–8, when compared with seat belt use alone. Also, a more recent study found that the effectiveness of booster seats may be even higher than 45%. The newer study also

found that booster seats help prevent moderate and serious crash injuries among children ages 7-8.

- Seat belt use reduces the risk for death and serious injury by about half for older children and adults.

For more information about car seat safety visit

https://www.cdc.gov/transportationsafety/child_passenger_safety/cps-factsheet.html.

CPR/First aid

SafeKids.org



Safe Kids Utah is led by Utah Department of Health, which provides dedicated and caring staff, operation support and other resources to assist in achieving our common goal: keeping your kids safe. Based on the needs of the community, this coalition implements evidence-based programs, such as car-seat checkups, safety workshops and sports clinics, that help parents and caregivers prevent childhood injuries.

For more information about safe kids Utah click here <https://www.safekids.org/coalition/safe-kids-davis-county>.

Davis School District nursing parent resources



The mission of the Health and Nursing Services Department is to support academic success for students by promoting the health, safety, and well-being of Davis District students. Check out the link here for more information regarding child health topics here <https://www.davis.k12.ut.us/departments/nursing-services/parent-links>.

Nutrition resources

Why is nutrition important for young children?

Good nutrition is important for young children to help them grow healthy and strong.

Some benefits of healthy eating for children include:

- Keeps skin, teeth, and eyes healthy
- Supports muscles
- Helps achieve and maintain a healthy weight
- Strengthens bones
- Supports brain development
- Supports healthy growth
- Boosts immunity
- Helps the digestive system function

For more information regarding nutrition for your child check out the links below.

<https://www.cdc.gov/nutrition/infantandtoddlernutrition/faqs.html>

<https://www.cdc.gov/nutrition/InfantandToddlerNutrition/index.html>

<https://www.davis.k12.ut.us/departments/nutrition-services>

Smoking/vaping resources

Smoking harms nearly every organ of the body, causing many diseases and affecting the health of smokers in general. Quitting smoking has immediate as well as long-term benefits for you and your loved ones. Check out the links located below for more information about tobacco use and how to quit.

https://www.cdc.gov/tobacco/basic_information/index.htm