

Public Health Newsletter

August Is National Breastfeeding Month



While **83 percent of U.S. infants receive breast milk at birth**, only **25 percent are still exclusively breastfed at six months** of age. **Unequal access** to breastfeeding supportive policies and environments have created persistent **racial and ethnic disparities** in breastfeeding initiation and duration.

The 2020 National Breastfeeding Month theme is *Many Voices United*. Now, more than ever, we must come together to identify and implement the policy and systems changes that are needed to ensure that **every family that chooses breastfeeding has the support and resources they need to succeed.**

Information above taken from the United States Breastfeeding Committee website at: www.usbreastfeeding.org.

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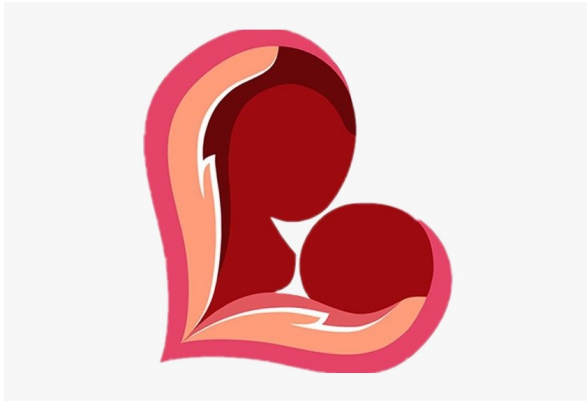
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Why is Breastfeeding so Important?

Breastfeeding doesn't just provide nutrition, it also provides **protection, information and nurturing to both the infant and the mother**. Breastfeeding is a great way to promote bonding and health for infants and mothers.

Breast milk contains **more vitamins** than any formula can and the antibodies in breast milk help infants to fight illness and diseases for the first six months of their life and promote a strong basis for a **healthy future**.

It is proven that breastfed babies generally **develop ahead of formula-fed babies**. They talk at a younger age, they score better on tests in school, and they have a higher graduation rate than formula-fed babies.

Studies have also shown that exclusive breastfeeding can **decrease risks of attention deficit disorder (ADD) and sudden infant death (SIDS)**. Asthma and allergy rates are **lower** in breastfed babies, too.

The Mille Lacs Band of Ojibwe WIC (Women, Infants and Children) program along with other Public Health offices provide assistance, food, and supplies for breastfeeding mothers.

In the past, WIC was known for providing infant formulas but **WIC's primary goal is to promote health in the infants, children and mothers. Breastfeeding is the best way** to meet this goal. When breastfeeding is not an option for a mother, formula can still be provided by WIC.

The Mille Lacs Band of Ojibwe WIC program nurse, Donna Sutton, can **answer questions about breastfeeding and provide help** if there are any issues or concerns. Other Public Health staff are also trained to assist with breastfeeding questions.

Breastfeeding Protects Babies From Germs

(From COVID-19, too.)

With the world in the midst of a global pandemic, it is a good time to recognize the important role breastfeeding plays in protecting babies from germs all across the planet.

The Mille Lacs Band of Ojibwe Public Health WIC Program is celebrating Minnesota Breastfeeding Awareness Month throughout August.

As the world's leading scientists race to find a COVID-19 vaccine, humans have their own, natural way of protecting the next generation. Moms, through breast milk, pass on helpful antibodies that fight germs.

Parents may worry about the safety of breastfeeding during the pandemic. However, the World Health Organization (WHO) recommends breastfeeding. The benefits outweigh the potential risk of spreading the virus to the baby. In addition, researchers have not found the infectious virus in breastmilk. Even when a mother has COVID-19, she is advised to still breastfeed while doing hand hygiene and wearing a mask when with baby.

Though it is too early to know for sure, researchers are finding evidence that moms who previously had COVID-19 may pass on helpful antibodies that can fight the virus.

This year's worldwide breastfeeding week also emphasizes how "green" and climate friendly breastfeeding is. Human milk is a natural, renewable food produced and delivered to babies without pollution, packaging, or waste.

Finally, promoting and removing barriers to breastfeeding for people of color is one way to address structural racism in Minnesota. COVID-19 has disproportionately affected American Indians and people of color in Minnesota due to underlying social, economic, and health disparities. These same underlying factors have made it more difficult over the years for Minnesotans of color to breastfeed. Supporting breastfeeding through culturally appropriate care increases initiation and duration rates across all racial and cultural groups.

The pandemic has illuminated the many ways health is interconnected. Given all we face in 2020, let's not forget to promote breastfeeding. Breastfeeding is one of these pathways to health, right at the start of life, with far-reaching benefits for families, communities, and the planet.

For more information, contact: Donna Sutton RN, (320) 630-2443



Onamia Students Continue Science, Math, and Art Activities Despite COVID-19

Onamia School's Summer SMArt (Science, Math, and Art) Camp activities for 4th through 6th graders continued (with masks and social distancing) this summer

Students celebrated Olympics Day at SMART Camp. Topics studied included mummies!



*Photos, left, lower left, bottom and right show SMART Camp students enjoying activities.
Photos courtesy of Cyndy Rudolph.*



Healthy food and snacks for students provided through the Mille Lacs Band of Ojibwe Public Health SHIP and Tribal Tobacco grants.



Onamia Summer Students Learn the Art of Making Regalia



**Students at
Onamia
schools
learned to
create
regalia this
summer.**

*Healthy food and snacks
for students provided
through the Mille Lacs
Band of Ojibwe Public
Health SHIP and Tribal
Tobacco grants.
Photos courtesy of
Cyndy Rudolph.*



Are You Feeling?

Depressed: If you're feeling blue, try going outside to green.

Stressed: Time in nature gently captures your attention, calming your nerves instead of frazzling them.

Anxious: Working out in nature helps to reduce anxiety, more than going to an indoor gym.

Antisocial: Time in nature can help with your personal relationships, too. Observing natural beauty results in more social behaviors.

Disconnected: One of the most basic human needs is to feel a sense of belonging. Time in nature results in a sense of being part of a wider world that is vital for mental health.

Time Spent in Nature Can Help People Cope with Stress

Spending time in nature can help improve stress and anxiety, lift your mood, and boost feelings of happiness and wellbeing. Your brain benefits from a journey back to nature.

Have you been feeling down? Sluggish and stressed out? How much time have you spent in nature lately?


The **answer** to these two questions might be more **closely related** than you'd think.

The modern way we live has changed, but **our brains** have mostly **stayed the same**. We still have a deep connection with nature, and **research shows** that if we don't **nourish that bond**, we may suffer in many ways.

Get back to nature to energize your mind and body.

Consider seeing a mental health professional if your symptoms are serious.

Information above and left adapted from the American Heart Association website at: www.heart.org.



OBSERVATION

PIECE FOR THESE TIMES*

YOU CAN DO THIS ACTIVITY ALONE, WITH SOMEONE FROM YOUR HOUSEHOLD OR SOCIALLY DISTANCED WITH MASKS.

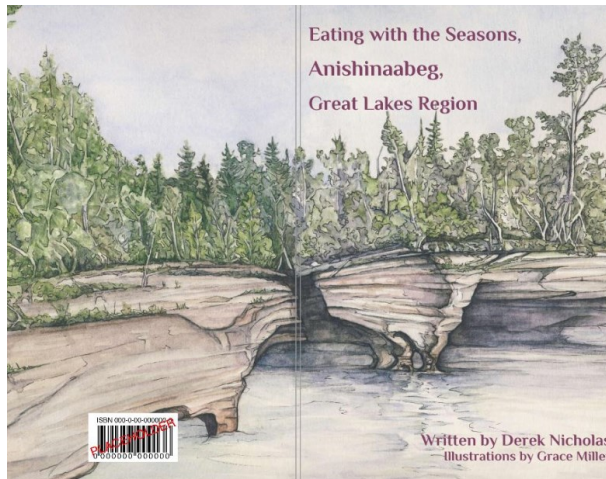
Take 10 minutes to wander alone outdoors, without talking, around a small, pre-defined area (your block, alley, nearby park). Observe and notice your surroundings: surfaces, negative and positive spaces, lines, patterns, detritus. Follow your curiosity. Search for everyday beauty and the overlooked, go forth with a sense of affection for the place.

Second, regroup and tour the same area for 10 minutes, sharing things that you noticed during your observation and why they stood out to you. Stay in the present and focus on everyday beauty you observed. Discuss or think about:

- WHAT IS DIFFERENT ABOUT THIS PLACE IN THESE TIMES?
- WHAT GAVE YOU COMFORT OR JOY?
- WHAT SURPRISED YOU?

Write down what you want to remember about this place when the pandemic is over.

*Adapted from the Observation Tours used in Springboard's creative placemaking work



New Cookbook Highlights Food of Indigenous People of the Great Lakes

*Adapted from a July 29, 2020 article in
the Great Lakes Echo
(greatlakesecho.org,)
written by Carin Tunney.*

A new cookbook serves up culture along with the food of the indigenous people of the Great Lakes region. **“Eating with the Seasons, Anishinaabeg, Great Lakes Region,”** combines recipes, language and history.

A hunger to preserve a piece of American culture and a developing interest in food are the main ingredients that prompted the cookbook, said Derek Nicholas, who is a member of the Red Cliff Band of Lake Superior Chippewa, and a senior at University of Minnesota, Morris, in rural western Minnesota.

“Back in the day, elders would take their sons and their daughters out fishing and they would use the language,” he said. “You’d hear how to catch the fish, how to net fish, how to cook the fish. Nowadays that’s just not the case. **If we can revitalize the language and the food, or both, it will all come together as one.**”

The cookbook includes simple and traditional recipes for each month of the year, including recipes for curried squash soup and venison chili.

Along with recipes, the book includes Anishinaabemowin phrases. It also reports bits of history like how the people used different moons as a calendar of when to hunt, plant and harvest. **“I think it is important because it’s our story,” Nicholas said. “If we lose our language, we lose our spirit.”**

Nicholas, who grew up in the suburbs of Milwaukee, said he had little knowledge of his cultural heritage when he arrived in Morris as a college freshman. His classes sparked the need to learn more about his ancestors and help serve the community. His interest in food centers on food sovereignty. Nicholas also created a meals program for low income people and worked to expand healthier options at a local food pantry.

The book is available for free on the University of Minnesota [website](#). Print copies can be ordered at blurb.com for \$16.



Celebrate August!

August 15 — National Honeybee Awareness Day

August 16 — National Rollercoaster Day

August 17—I Love My Feed Day

August 18 — Bad Poetry Day

August 20 — World Mosquito Day

August 21 — Senior Citizen Day

August 23 — Ride the Wind Day

August 24 — National Waffle Iron Day

August 25 —Kiss and Make Up Day

August 26 — National Dog Day

August 28 — National Weed Out Hate Day

August 29 — International Bacon Day

August 31—National Trail Mix Day

August Recipe: Low-Carb Zucchini Lasagna Roll-Ups



From Gimme Delicious website at:
www.gimmedelicious.com

Can also be made with meat sauce for non-vegetarians, and zucchini strips may be placed flat in pan instead of rolling them, much like lasagna made with pasta.

Serves 6.

Ingredients:

4 large zucchini
15 ounces ricotta cheese
1/4 cup grated Parmesan cheese
1 1/2 cups shredded Mozzarella cheese (divided)
1 large egg
2 cups marinara sauce (store-bought or home-made)
1 tablespoon olive oil
Salt and pepper to taste

Directions:

Preheat oven to 400 degrees.
Grease cookie sheet with 1 tablespoon olive oil and set aside.
Slice zucchini in 1/8 " slices and lay on cookie sheet.
Roast in oven for 10 to 15 minutes.
Remove from oven and let cool for 5 minutes before handling.
Leave oven on .
While zucchini is roasting, mix the ricotta, Parmesan, 1/2 cup mozzarella, egg, and salt and pepper.
Stir until just combined.
In a 9 x 13 baking dish, spread some marinara sauce on bottom.
Lay zucchini strips on flat surface; Spread about 2 tablespoons of cheese mixture over each strip; top with a tablespoon of marinara sauce and a sprinkle of mozzarella cheese.
Roll up and place in baking dish; drizzle remaining sauce on the rolls and sprinkle with remaining mozzarella.
Bake uncovered for 20—25 minutes or until cheese is melted and bubbly.

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Help For Cancer Survivors or Caregivers:



AMERICAN INDIAN CANCER FOUNDATION

COVID-19 RELIEF FUNDS

The American Indian Cancer Foundation (AICAF) is providing relief funds to Native cancer survivors who live in Minnesota and are impacted by COVID-19.

AICAF WILL PROVIDE UP TO \$50/INDIVIDUAL OR A MAXIMUM OF \$75/HOUSEHOLD WITH MULTIPLE SURVIVORS AND/OR CAREGIVERS LIVING UNDER THE SAME ROOF. THIS VISA GIFT CARD MAY HELP TO OFFSET LOST INCOME AND ESSENTIAL EXPENSES DURING THESE TIMES OF UNCERTAINTY.

To apply, submit a brief form at bit.ly/AICAFrelief
Please contact AICAF with any questions at health@aicaf.org.



American Indian
Cancer Foundation.



Do you have suggestions about what we should include in the
Public Health Newsletter? If so, email:
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with your ideas.