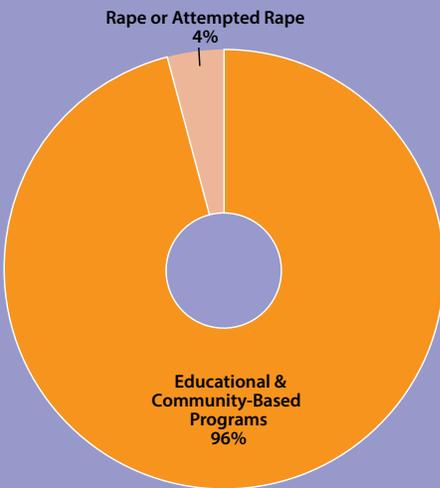


# Preventive Health and Health Services Block Grant

## North Dakota

### How North Dakota Invested PHHS Block Grant Funding

Total FY 2015 Funding: \$387,756



### Breastfeeding Program Is Improving Babies' Health

Breastfeeding has many health benefits for babies. Babies who drink breast milk have better digestion and increased protection against the effects of germs, resulting in less illness. Breastfeeding can also reduce a baby's risk of becoming overweight. In 2014, 82% of North Dakota babies drank breast milk at least once—higher than the US average of 79%. The North Dakota Department of Health (NDDoH) wanted to maintain this rate and help mothers breastfeed for a longer period. NDDoH used a portion of its Preventive Health and Health Services (PHHS) Block Grant funding to develop the North Dakota Breastfeeding-Friendly (NDBF) Hospital program. The program combines free online training and hands-on instruction for healthcare providers so they can deliver the best possible care and guidance to breastfeeding mothers.

The NDBF program is a best practice modeled after five of the World Health Organization's Ten Steps to Successful Breastfeeding. The first two steps focus on training staff on breastfeeding policies and informing moms about the benefits of breastfeeding. The last three steps include teaching moms how to breastfeed, making sure newborns drink only breast milk (unless their medical condition requires formula), and ensuring mothers and babies experience uninterrupted skin-to-skin time as soon after delivery as possible.

Through trainings provided by the NDBF program, healthcare providers learn proper breastfeeding techniques and practices. The program also has created various educational materials, including brochures and tip sheets, for use by parents before and after a baby's birth to prepare parents for successful breastfeeding.

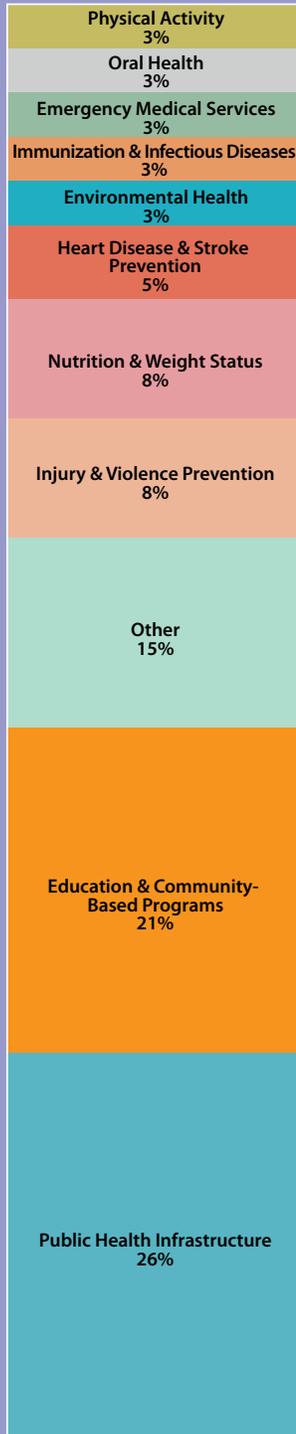
Since January 2014, the program has trained more than 200 North Dakota healthcare professionals and worked with a third of hospitals in the state to help them become Breastfeeding-Friendly. As of 2016, two hospitals earned the Breastfeeding-Friendly designation, and two others are working to achieve it. With continued PHHS Block Grant funding, NDDoH will support breastfeeding efforts through training and by providing resources for healthcare providers and hospitals.

NDDoH used PHHS Block Grant funding to support its North Dakota Breastfeeding-Friendly program, which provides breastfeeding instruction and training to healthcare providers and hospital staff.



# Preventive Health and Health Services Block Grant

## 2015 Top-Funded Health Areas



*Excludes all non-discretionary funding: administrative costs (up to 10%), direct assistance, and funds set aside for sexual violence (rape prevention).*

## What is the PHHS Block Grant?

The Preventive Health and Health Services (PHHS) Block Grant provides flexible federal funding to 61 states, tribes, and US territories. These grantees use the funding to meet vital public health needs within their jurisdictions that align with national priorities—the Healthy People (HP) 2020 objectives.

## Block Grant Investment Across the Nation

In fiscal year 2015, the 61 grantees received about \$126 million from the PHHS Block Grant to support critical programs and services. Most funds (85%) supported HP 2020 objectives in 10 key areas: 1) Public Health Infrastructure, 2) Education and Community-Based Programs, 3) Injury and Violence Prevention, 4) Nutrition and Weight Status, 5) Heart Disease and Stroke Prevention, 6) Environmental Health, 7) Immunization and Infectious Diseases, 8) Emergency Medical Services, 9) Oral Health, and 10) Physical Activity.

Public Health Infrastructure was the most funded area (26% of total funding); 43 grantees directed funds toward public health systems assessment, health improvement planning, accreditation, quality improvement, laboratory services, and other infrastructure activities. Education and Community-Based Programs was the second-most funded area (21% of total funding); 29 grantees directed funds toward community-based primary prevention services, worksite health promotion programs, and culturally appropriate community health programs.

Grantees also directed funds toward supporting local organizations working to improve community health (27% of total funding) and reduce health disparities (23% of total funding).