



## Healthy and Connected Member Newsletter - Sept. 18, 2020

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The South Carolina Department of Health and Human Services (SCDHHS) is creating a new resource for South Carolina Healthy Connections Medicaid members called *Healthy and Connected*. This e-newsletter will focus on covered benefits and include tips and tools to help you and your loved ones live healthier lives. Each edition will highlight new topics to help you stay healthy and make sure you are connected to resources.

### Breastfeeding

Did you know the American Academy of Pediatrics recommends exclusively breastfeeding for the first six months of a child's life? Breastfeeding provides the best nutrition and supports proper growth and development for your baby. Breastfeeding can also be done anytime and anywhere.

Other benefits of breastfeeding include protecting babies against some illnesses and diseases. Breastfeeding has benefits for mothers too. It can help reduce a mother's risk of breast and ovarian cancer, type 2 diabetes and high blood pressure.

Talk to your child's pediatrician for more tips on breastfeeding. You can also find more breastfeeding benefits and learn some tips below.



[Learn More About Breastfeeding from the CDC](#)



### Childhood Obesity

Nearly one in five children in the United States are obese. One of the best ways to reduce obesity in kids is to improve your whole family's eating and exercise habits. Whether your child is overweight or not, you can help them live healthier lives by giving them water instead of sugary drinks, giving them fruits and vegetables as snacks and limiting snacks before bed.

Getting exercise is also a great way to help your kids grow up healthy. The President's Council on Sports, Fitness and Nutrition recommends children between 6-17 years old get at least 60 minutes of exercise every day. The council also

recommends kids ages 3-5 be physically active throughout the day. Activities like basketball, jumping rope and running are great ways for kids to get aerobic physical activity and get outdoors.

Click the link below to learn more tips on healthy eating and exercise from the Centers for Disease Control and Prevention (CDC).

[Learn more from the CDC](#)

## Suicide Prevention Awareness and Resources

Suicide is one of the leading causes of death in the U.S. It is also the second leading cause of death for Americans between ages 10 and 24. SCDHHS is partnering with the South Carolina Department of Mental Health, the National Alliance on Mental Illness, and the American Foundation for Suicide Prevention (AFSP) to help tackle this problem. Together, we are working to raise awareness about warning signs to make sure you know how to help those who need it.

AFSP recommends having conversations with people who may be at risk of suicide, listening to their story and telling them you care about them. AFSP also recommends encouraging people to seek treatment. As a Healthy Connections Medicaid member, you have access to many behavioral health services. Ask your doctor about treatment options that may be available and learn more about other resources below.

### September is Suicide Prevention Awareness Month

#### Where to Go for Help

**National Suicide Prevention LifeLine** (Available 24/7)  
1-800-273-TALK (8255)

**Crisis Text Line** (Available 24/7)  
Text Hope4SC to 741741

**Community Crisis Response and Intervention Team** (Available 24/7)  
1-833-DMH-CCRI (364-2274)

**National Alliance on Mental Illness (NAMI) South Carolina Chapter**  
[namisc.org/resources](http://namisc.org/resources)

**American Foundation for Suicide Prevention South Carolina Chapter**  
[afsp.org/chapter/south-carolina](http://afsp.org/chapter/south-carolina)



- Suicide is the 10th leading cause of death in the U.S.
- Suicide is the second leading cause of death for those aged 10-24 years in the U.S.
- In 2018, there were an estimated 1.4 million suicide attempts.
- On average, there are 132 suicides per day.
- You are not alone. Help is available.





## Newborn Screening Awareness Month

September is Newborn Screening Awareness Month. Newborn screening is a covered benefit for Healthy Connections Medicaid members. The U.S. Department of Health and Human Services recommends having your baby screened within the first 24-48 hours of life.

September is also National Sickle Cell Awareness Month. Sickle Cell Disease, also known as Sickle Cell Anemia, is one of the conditions for which newborn screenings check. There are effective treatments available for Sickle Cell Disease and many of the other conditions included in the screening. The sooner you and your doctor know about a condition, the earlier it can be treated. Having your newborn screened soon after birth is an important way to keep them healthy.

[Learn more at Babysfirsttest.org](http://Babysfirsttest.org)

## 2020 Census

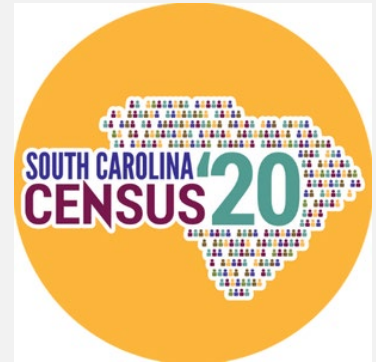
Did you know you still have time to answer the 2020 Census? The U.S. Census gives you the chance to shape the future of your communities. The census is safe, easy, and important. It can also be finished in less than 10 minutes. You can answer the census questions in one of three ways: online, by phone or by mail. When you answer the questions, you are telling the U.S. Census Bureau where you lived as of April 1, 2020.

Everyone who lives in the U.S. needs to be counted in the census. Why is it important for you to reply? Your answers are used to figure out how much money communities get for important services like Medicaid, school programs and roads.

Your information is not shared, and your answers are only used to include in the count.

For more information about the 2020 Census, click below.

[Visit the 2020 Census Website](#)



Thank you for reading Healthy and Connected. Follow SCDHHS on our [Facebook](#) and [Twitter](#) pages for regular updates. You can also view the Medicaid Member Handbook [here on SCDHHS' website](#) to learn more about what is covered, where to go to ask questions and more.

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