



Office of Family Health Services

INFANTS,  
CHILDREN,  
AND TEENS



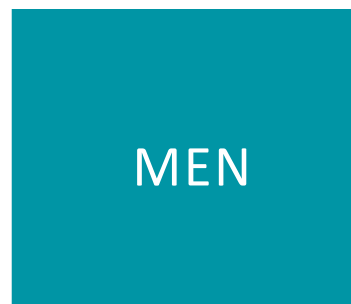
**VDHLiveWell**

Helping Virginia Become the Healthiest State in the Nation



WOMEN

MEN



ALL VIRGINIANS

# INFANTS, CHILDREN, AND TEENS



VDHLiveWell is a flagship brand for the Office of Family Health Services to help Virginia become the healthiest state in the nation. This office includes programs that focus on strengthening the health of families and communities, plus risk avoidance tips and information on how certain issues affect public health.

Here's information on the various programs under the VDHLiveWell umbrella to help Virginians live better.

**\$ = Programs with income-based restrictions**



The infants, children, and teens programs provide health information and comprehensive health services to ensure a strong start for children.

## **Abstinence**

☎ 804-864-7772  
[VDHLiveWell.com/familyplanning](https://VDHLiveWell.com/familyplanning)

The Abstinence Education Program is a resource for middle school aged youth and guardians to learn valuable life skills and empowers students to avoid risky behaviors by choosing abstinence.

## **Summer Food Service Program (SFSP)**

☎ 877-618-7282  
[VDHLiveWell.com/summerfeeding](https://VDHLiveWell.com/summerfeeding)

The Virginia Summer Feeding Program funds eligible organizations to provide meals and snacks to children during the summer months when school is not in session. For free meals between May and August, send a text message with the word "FOOD" to 877-877.

## **Child Passenger Safety**

☎ 800-732-8333  
[VDHLiveWell.com/cps](https://VDHLiveWell.com/cps)

The Child Passenger Safety program promotes proper safety seat restraint use for children until they transition to safety belts. The program provides outreach and education on proper installation and addresses issues that prohibit access to safety seat restraints. **\$**

## **Home Visiting**

☎ 804-864-7788  
[VDHLiveWell.com/homevisits](https://VDHLiveWell.com/homevisits)

Home Visiting programs work with pregnant women and families with young children to support parenting and promote the child's growth and development. Home Visitors help identify needs of the family, provide information and activities to support health and wellbeing, and link families to services and resources in the community.

## **Newborn Screening**

☎ 804-864-7729  
[VDHLiveWell.com/newborn](https://VDHLiveWell.com/newborn)

Virginia Newborn Screening Program is composed of several service-programs. Every infant born in Virginia will receive testing, appropriate follow-up, and referrals as needed to assist in achieving optimal health through early diagnosis and treatment.

## **Suicide Prevention**

☎ 804-864-7746  
[VDHLiveWell.com/suicide](https://VDHLiveWell.com/suicide)

The Youth Suicide Prevention Program provides consultation and resources throughout Virginia and promotes comprehensive community, school, and campus approaches to suicide prevention. The program funds the Campus Suicide Prevention Center of Virginia, which provides suicide prevention services to all Virginia colleges and universities and promotes mental health for all students, identifies, and supports those with mental health concerns and responds to individuals who are at risk.

## **Women, Infants and Children's Nutrition (WIC)**

☎ 877-835-5942  
[VDHLiveWell.com/WIC](https://VDHLiveWell.com/WIC)

WIC helps pregnant, breastfeeding and postpartum women, infants and children up to age 5 stay healthy and eat right during times of important growth. Provides food and resources to moms and young families based on financial need. **\$**

## WOMEN

The women's health programs provide health information and access to comprehensive health services to ensure healthier women, mothers, and their infants.

### **Breastfeeding**

☎ 804-864-7800  
[VDHLiveWell.com/  
breastfeeding](https://VDHLiveWell.com/breastfeeding)

Human milk is the only food that infants need for the first six months of life. Moms are encouraged to breastfeed for a year or longer. There are several resources at VDH that promote breastfeeding, including the WIC Program, resources for childcare centers, and maternity care resources for hospitals, and the Virginia Breastfeeding-Friendly Hospital Designation program.

### **Domestic and Sexual Violence Prevention**

☎ 800-732-8333  
[VDHLiveWell.com/dsvp](https://VDHLiveWell.com/dsvp)

This program focuses on preventing sexual violence and intimate partner violence, including preventing offenses. Staff provides resources for training, education, and outreach to a wide variety of state-wide partners, in order to reduce avoidable risk factors, while enhancing sexual violence awareness.

### **Every Woman's Life**

☎ 866-395-4968  
[VDHLiveWell.com/EWL](https://VDHLiveWell.com/EWL)

Every Woman's Life (EWL) provides free breast and cervical screening and diagnostic services to low-income uninsured women. These screenings improve early detection and treatment outcomes. \$

### **Family Planning**

☎ 804-864-7772  
[VDHLiveWell.com/  
familyplanning](https://VDHLiveWell.com/familyplanning)

Family planning services helps you and your partner decide if and when to have children.

### **Women, Infants and Children's Nutrition (WIC)**

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WIC helps pregnant, breastfeeding, and postpartum women, infants and young children up to age 5 stay healthy and eat right during times of important growth. WIC provides breastfeeding education and counseling, peer counselor support, food, resources, and referral services to young families based on financial need. \$

## MEN

The men's health programs provide health information and access to comprehensive health services to ensure healthier men and fathers.

### **Men Ending Violence**

☎ 804-864-7746  
[VDHLiveWell.com/dsvp](https://VDHLiveWell.com/dsvp)

Men Ending Violence's goal is to encourage men to participate in efforts to reduce sexual violence. It also provides resources for men to learn how to get involved in ending domestic violence and dating violence.

### **Family Planning**

☎ 804-864-7772  
[VDHLiveWell.com/  
familyplanning](https://VDHLiveWell.com/familyplanning)

Family planning services helps you and your partner decide if and when you are ready to have children.





# ALL VIRGINIANS

The following programs provide health information and access to all Virginians to help Virginia become the healthiest state in the nation.

## Cancer Prevention

☎ 804-864-7761

[VDHLiveWell.com/cancer](https://VDHLiveWell.com/cancer)

The Cancer Prevention and Control Program works to ease the burden of cancer in Virginia through evidence-based strategies that help prevent and control cancer.

## Children and Youth with Special Health Care Needs (CYSHCN)

☎ 804-864-7708

[VDHLiveWell.com/specialneeds](https://VDHLiveWell.com/specialneeds)

CYSHCN serves special needs children in Virginia, under the age of 21 who have a long term physical condition such as sickle cell disease, hemophilia, cystic fibrosis, epilepsy, cerebral palsy, or diabetes. This program can also refer services for children with developmental or behavioral conditions such as autism, ADHD, speech/language disorder, anxiety, or simply need help with a diagnosis.

## Diabetes and Prediabetes

☎ 804-864-7761

[VDHLiveWell.com/diabetes](https://VDHLiveWell.com/diabetes)

Diabetes is a chronic disease in which sugar levels in the bloodstream are above normal. Participation in a Diabetes Prevention Program (DPP) or Diabetes Self-Management Education (DSME) program reduces risk and other complications.

## Heart Disease and Stroke Hypertension

☎ 804-864-7761

[VDHLiveWell.com/heartdisease](https://VDHLiveWell.com/heartdisease)

Uncontrolled heart disease and stroke hypertension is a significant health problem in Virginia. The Heart Disease and Stroke Program works with clinicians, pharmacists and other health professionals and partners to increase the number of Virginians with normal blood pressure.

## Injury Prevention

☎ 800-732-8333

[VDHLiveWell.com/injuryprevention](https://VDHLiveWell.com/injuryprevention)

Injury Prevention Program prevents and reduces the consequences of unintentional injuries, improves the health status of communities, increases the number of injury prevention stakeholders employing evidence based and promising practices, and addresses risk factors at a population health level by practice and policy change through a multidisciplinary approach. The program provides support and technical assistance for community-based approaches and prevents leading and emerging mechanisms of injury across the lifespan.

## Oral Health

☎ 804-864-7775

[VDHLiveWell.com/oralhealth](https://VDHLiveWell.com/oralhealth)

Oral Health is important for your overall health at all ages and stages of life. The dental health program works to provide oral health educational programs and materials for children and adults, as well as limited preventive services for children, individuals with special health care needs, and pregnant women in select areas of the state.

## Tobacco Use Control

☎ 804-864-7732

[VDHLiveWell.com/tobacco](https://VDHLiveWell.com/tobacco)

The Tobacco Use Control Program (TUCP) provides training, information, materials, quitline services, and other mechanisms to support policies to help Virginians choose and maintain tobacco free lifestyles.



# VDH

[VDHLiveWell.com](https://VDHLiveWell.com)



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