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April 2014

NEWS & NOTES

from ND COMPASS

A monthly newsletter to keep you informed.

April to bring a number of new resources about Birth Weight

New resources expected near the middle of the month.

An important key measure tracked by [ND Compass](#) under the [Early Childhood](#) topic is [Low Birth Weight](#). A baby's birth weight indicates both the mother's health and nutritional status, and her baby's chances for growth, overall development, and long-term health. Babies born weighing under 5 pounds, 8 ounces are considered to have a low birth weight and can have an increased risk of disease and even of death during their early months and years. Working to reduce the number of low birth weight babies can improve the overall health of North Dakota.

Mid-April will bring new resources on [Low Birth Weight](#) in North Dakota; charts updated with new [Low Birth Weight](#) data on [North Dakota Compass](#) and the April [Insights on Children](#) from [North Dakota KIDS COUNT](#).

In anticipation of these new resources, [ND Compass](#) has provided two new articles. In April's [Ask a Researcher](#) column Clayton Hilmert, a health psychologist at [NDSU](#), looks at how stress affects the birth weight of babies using research from the 2009 Red River flood, while the [For Discussion](#) column provided by [The Village Family Service Center](#) provides some suggestions for coping with stress.

Keep an eye out later in the month for these additional resources. Until then, check out our [new columns!](#)

For Discussion

Using Mindfulness to Calm Your Busy Mind

Denise Hellekson provides EAP counseling, training, consulting, and crisis response services for [The Village Business Institute](#), a division of the [Village Family Service Center](#). The Village reaches out to more than 80,000 people every year, and is constantly adapting services to meet the needs of modern families. Through individual and family counseling, child care, mentoring, adoption, financial counseling and workplace issues, The Village is a place for all individuals and families. Denise highlights how to bring balance back into people's lives by using the practice of mindfulness.



[Read more.](#)

Ask a Researcher

Stress effects on pregnancy: The impact of the 2009 Red River flood on birth weight

Clayton Hilmert is a health psychologist in the [NDSU Department of Psychology](#). His primary interests are in stress, cardiovascular health, and pregnancy. Current research involves the effects of stress in the natural environment on pregnancy, the effects of social support on stress and health, and associations between how a person responds to stress biologically and the emotions the person experiences.



[Read more.](#)

ND COMPASS: New Data Available

State to state comparison charts have been updated on [Proportion of Adults Working](#), under the [Workforce](#) topic.

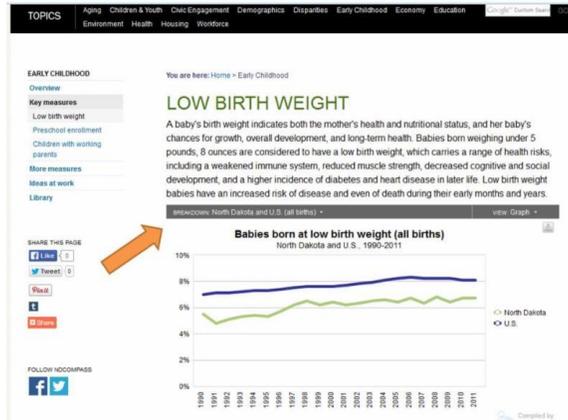
[The Health Care Coverage](#) key measure has been updated with new Small Area Health Insurance Estimates (SAHIE) released from the U.S. Census Bureau for [county \(map\)](#), [county \(ranking\)](#), [planning region](#), and [metropolitan status](#).

In the [Economy](#) topic, several [Jobs](#) key measure charts have been updated with new data from Current Employment Statistics: [North Dakota \(total jobs\)](#), [North Dakota and U.S. \(monthly percent change\)](#), and [Comparison with other states \(yearly percent change\)](#).

In addition, a brand new chart is available under [Economy/Jobs- Yearly net jobs change by industry sector](#).

There are multiple charts and graphs available for use!

Don't forget, there are many more charts and breakdowns accessible simply by clicking on the breakdown bar in each topic!



By tracking and analyzing trends in areas that affect our quality of life, North Dakota Compass gives everyone in our state--policymakers, business and community leaders, and concerned individuals who live and work here-- a common foundation to act on issues to improve our communities.

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