

Division of Family Health & Nutrition

North Dakota Department of Health
Health and Safe Communities Section

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Our Job:

The Family Health & Nutrition Division works collaboratively on evidence-based initiatives that encourage healthy, active and well-nourished children, youth, women, men and families.

We accomplish our work through monitoring the health status of North Dakotans; providing funding, technical assistance, training and education; developing policies and promoting partnerships with local public health units, schools and other public and private entities that offer health services in North Dakota communities.

Programs within the division include:

Special Supplemental Nutrition Program for Women, Infants and Children (WIC)

– This program offers healthy food for proper growth and development and helps families choose healthier ways of eating. WIC is for eligible pregnant, breastfeeding and postpartum women, infants, and children under 5 years and is available in all North Dakota counties. WIC offers:

- A carefully defined package of supplemental nutritious foods.
- Nutrition education and counseling to improve dietary practices.
- Breastfeeding promotion and support.
- Referrals that link participants to other vital health care and social services.

Visit www.ndhealth.gov/wic/ for more information about the ND WIC program.



Family Planning Program – Provides reproductive health-care services to men and women, giving preference to low-income, adolescent and women-in-need populations. Services include Pap smear, breast exam, testicular exam, infertility level-one services, pregnancy planning, a broad range of birth control methods including abstinence, and STD and HIV testing and counseling.

Visit www.ndhealth.gov/familyplanning for more information about the ND Family Planning Program.



North Dakota Family Planning

Assisting women and men to understand and take responsibility for their reproductive health through education, counseling and medical services.

MCH Obesity Prevention

School Health – Works in conjunction with the Department of Public Instruction and chronic disease programs to address the close relationship between health and learning. Staff offer technical assistance and resources for schools to use in organizing and managing school health and wellness initiatives.

MCH Nutrition – This program provides leadership and support to local public health nutritionists for the nutritional wellbeing across the lifespan for women, infants, and children. For more information about MCH nutrition, go to www.ndhealth.gov/nutrition/.

MCH Breastfeeding

The WIC Program, Maternal and Child Health Nutrition Program, cancer and chronic disease programs work together to promote breastfeeding and improve support for breastfeeding in all settings. Some activities include providing leadership and technical assistance for the statewide and local breastfeeding coalitions, coordinating programs such as the Infant-Friendly Workplace Designation and the Breastfeeding-Friendly Hospital Initiative and providing breastfeeding education for professionals across the state. For more information about breastfeeding, go to www.ndhealth.gov/breastfeeding.



Maternal Health

Promote wellbeing in maternal health by assessing the risks of maternal mortality and morbidity throughout ND by collaborating with state and national leaders to ensure well-women health is at the forefront of health care.

For more information on the FHN Programs, data on women, infants and breastfeeding or fact sheets on a variety of topics? Please visit our website at: www.ndhealth.gov/NutrPhyAct/



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