

Improving Infant Health

A Low Birthweight Prevention Initiative

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Healthy-Is not a Diet, It's a Lifestyle!

Almost half of Americans are on some sort of diet-not surprising since more than two thirds of us are overweight or obese. However, the common misconception is that as long as you lose weight it doesn't matter what you eat. Frankly, that is wrong on so many levels. Just because you are thin does not mean that you necessarily healthy, and just because you aren't thin doesn't mean that you are unhealthy. This is where Body Mass Index (BMI) comes in and plays a significant role in determining whether an individual is underweight, healthy weight, overweight or clinically obese. BMI is the result of calculations that are determined by using the measurements of an individual's weight and height. BMI is regularly used by health professionals to distinguish which weight or health risk category a person falls into. The categories do not compare one person to the next but are based solely upon the individual's weight and height measurements. A BMI of less than 18.5 indicates that you are underweight, so you may need to put on some weight. A BMI of 18.5-25 indicates that you are at a healthy weight for your height and by maintaining a healthy weight, you lower your risk of developing health problems. A BMI of 25-30 indicates that you are slightly overweight. You may be advised to lose some weight for preventative measures. A BMI over 30 indicates that you are heavily overweight; your health may be at serious risk if you do not lose weight. Your doctor can give you advice on how to reach your optimal healthy weight, but seeking the counsel of a nutritionist or dietitian would be your best resource as they understand food and how it works for or against us. Eating healthy isn't something that we wake up one morning and say "let's do this"; many people unfortunately experience a health scare and get scared straight into a healthier lifestyle. If you may not have any health concerns or think that BMI isn't an issue personally, go find out! Ask your doctor to calculate your BMI and see exactly where you fall. Find a local nutritionist or dietitian through your local health department. There is no better time than the present to start making changes to live a healthier life! You will thank yourself later!

Shaneeta Dickens, Nutritionist

Lamar County WIC Office



IMPORTANCE OF DENTAL CARE DURING PREGNANCY

Periodontal disease, also known as gum disease, can lead to tooth loss and has been associated with other diseases, such as diabetes and cardiovascular disease. Women with periodontal disease may also be at risk of giving birth to a pre-term or low-birth weight baby and may be more likely to deliver babies prematurely or with low-birth weight than mothers with healthy gums. Tenderness, redness, or swollen gums are a few indications of periodontal disease. Other symptoms include gums that bleed with brushing or eating, gums that are pulling away from the teeth, bad breath, and loose teeth. These signs, especially during pregnancy, should not be ignored and may require treatment from a dentist. Routine brushing and flossing, and seeing a dentist during pregnancy may help decrease the chance of giving birth to a pre-term or low-birth weight baby.

If you are on Medicaid during your pregnancy you have dental coverage for exams, x-rays, cleanings, fillings, and extractions up to the date of your delivery.

Vincent Pasquarello, DMD
District 4 Health Services

Dental Clinics in Lamar and Heard County
Sliding scale fees for uninsured or Medicaid covered

Lamar County Dental Clinic 7703581483

Heard County Dental Clinic 7066753456



Important numbers to know

District 4 Public Health WIC Call Center

1-866-636-7942

Georgia Quitline 1-877-270-STOP

For more information on the Low Birthweight Initiative in your community, please contact:

Heard County
 P.O. Box 92
 Franklin, GA 30217
 heardcountylowbirthweight@gmail.com
 www.heard.gafcp.org
 www.facebook.com/
 HeardCountyLowBirthWeightInitiative
 (706) 675-3456

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 Barnesville, GA 30204
 lamarlbwinitiative@yahoo.com
 www.facebook.com/LamarCoSteps
 www.lamar.gafcp.org
 (770) 358-1483

Spalding County
 P.O. Box 701
 Griffin, GA 30224
 spaldingcollaborative@gmail.com
 www.spalding.gafcp.org
 (678) 764-6297

For more information about Georgia's Low Birthweight Initiative, go to www.gafcp.org/count/LBW.