

Improving Infant Health

A Low Birthweight Prevention Initiative

March 2015



Volume 4

Change Your Weight By Changing Your Thinking!

Overweight and obesity is a rising epidemic in our nation. Our clients' health may be important to them; however, they may struggle with making decisions that help to reach their weight loss goals. They may feel stuck in a pattern of overeating, making poor food choices and inconsistently exercising. These habits contribute to sabotaging themselves and their goals. The way we think about a situation often determines our behavior. According to researchers, the psychological factors influencing weight loss maintenance are complex and interrelated. Here are a few ways that you can help clients examine and change their way of thinking about their weight loss journey.

Think like a winner and be positive!

Affirmations are proven to be powerful and effective. Visualizing how they want their body to look and how being healthy feels can help a person push through difficulties to reach their goals.

Get Inspired!

Reading success stories or talking with people who have successfully lost weight can help encourage clients. Leaving inspirational notes at home and at work can help motivate them. Motivation and Inspiration give us that feel good factor that shouts: "yes, I can do this!"

Set realistic goals, patience is key!

Clients may set themselves up for failure from the start with unrealistic expectations such as losing 20 pounds in 3 weeks. We know that a realistic weight loss goal is 1-2 pounds per week. Help them establish achievable goals and recognize small victories. Several studies indicate that those who were able to achieve their weight loss goals were more likely to maintain their weight loss.

Stop the magical thinking!

We've all made excuses that allow us to continue to over eat and eat poorly. Thinking: "I will cheat today and get back on track tomorrow, after the weekend, etc." doesn't work. We know that waiting to get back on track doesn't make sense. Help clients to understand that every calorie consumed counts.

Be "Mindful!"

Mindfulness is a state of open attention or awareness in which you observe your thoughts, feelings and ideas without judgment. Being aware helps to remain focused on the present moment. A few minutes of meditation each day can help with being mindful and have positive lifelong effects.

The right mindset and positive thinking can help our clients achieve their goals. We can give them the right tools and information to help them lose weight. However, without the right mindset, the tools and information become useless.

By: Ryan Saccucci, RD, LD

Importance of Not Drinking During Pregnancy

Women who have more than two drinks a day are at greater risk for giving birth to a baby with fetal alcohol syndrome (FAS). Children born with this condition suffer from mental and growth retardation, behavioral problems, and facial and heart defects.

Drinking also increases your risk for miscarriage and stillbirth. So play it safe — avoid alcohol completely and have a nonalcoholic drink instead. Let your caregiver know if you're having trouble giving up alcohol, so you can get help.

Please don't drink while you're pregnant: Any alcohol you drink reaches your baby rapidly through your bloodstream, crossing the placenta, and your baby can end up with higher levels of blood alcohol than you have. As little as one drink a day can increase your odds of having a low-birthweight baby and increase your child's risk for problems with learning, speech, attention span, language, and hyperactivity. Some research has shown that expectant moms who have as little as one drink a week are more likely than nondrinkers to have children who later exhibit aggressive and delinquent behavior. Women who have more than two drinks a day are at greater risk for giving birth to a baby with fetal alcohol syndrome (FAS). Children born with this condition suffer from mental and growth retardation, behavioral problems, and facial and heart defects. Drinking also increases your risk for miscarriage and stillbirth. So play it safe — avoid alcohol completely and have a nonalcoholic drink instead. Let your caregiver know if you're having trouble giving up alcohol, so you can get help.



Upcoming Events

Healthy Children Conference and Expo – April 2, 2015 University of Georgia – Griffin Campus – 1109 Experiment St. Griffin, GA

Join us for a day of learning about how to raise a community of Healthy Children. Hear from expert speakers on a variety of topics affecting our children, including Low birth weight and premature babies, child abuse prevention, family nutrition and infant development.

The conference is free to attend, but registration is required – <http://www.eventbrite.com/e/healthy-children-conference-2015-tickets-15307361731?aff=es2&rank=9>

A Southeast Region Centering® Pregnancy Conference hosted by Centering® Georgia – April 17, 2015 The Carter Center, Atlanta, GA

A Journey Toward Building Learning Communities with Partners and Across States

At this interactive conference, you will take a closer look at the CenteringPregnancy® model of care and listen in on and participate in discussions around health policy, patient engagement, Centering® statewide collaboratives and much more. Join us!

<http://www.cvent.com/d/srq9x9>

Healthy Tacos

**Nutrition Facts: Serving Size: 2 Tacos - Per Serving Calories: 330 Protein: 19g Carbohydrates: 25g Fat: 6g *Saturated Fat: 3g
Total prep time: 15 minutes**

Ingredients:

**1 Tbsp salsa, 2 corn or whole wheat tortillas,
2 Tbsp shredded cheddar cheese, 1/2 cup liquid egg substitute
Spread salsa on tortillas and sprinkle with cheese.
Heat in microwave until cheese melts. Warm a small nonstick skillet over medium heat, add liquid egg substitute, and stir until eggs are cooked. Serve eggs up equally onto tortillas. Fold tortillas, eat and enjoy!**

Important numbers to know

District 4 Public Health

WIC Call Center

1-866-636-7942

Georgia Quit line

1-877-270-STOP

Big Thanks go to Kaiser Permanente for 2015 funding to continue the work of the LBW Prevention Initiative with Georgia Family Connection Partnership and all the LBW Prevention Initiative counties!

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

Lamar County

118 Academy Dr.

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

www.facebook.com/

SpaldingCountyLowBirthweight

PreventionInitiative

(678) 764-6297

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