

Improving Infant Health

A Low Birthweight Prevention Initiative

July 2015



Volume 5

Understanding Perinatal Mood and Anxiety Disorders (PMADs) During and After Pregnancy

What does “perinatal” mean? In the past, this was referred to as postpartum depression, but we now know that women can experience mood and anxiety changes upon confirmation of pregnancy all the way to one year after delivering the baby.

How can depression and anxiety impact the baby while I’m pregnant?

- Lower levels of dopamine and serotonin in newborn which can make newborn cry more often and be more difficult to console;
- Potential for delayed fetal heart rate responsivity;
- Increased use of smoking, alcohol and drugs
- Decreased prenatal care: nutrition, vitamins, appointments
- Depressed pregnant women have 2x the risk of preterm delivery
- Low birth weights, low APGAR scores

What might I feel like if I have depression and not just “baby blues”? Overwhelmed ; Lack of feelings toward the baby; Inability to take care of self/family ; Loss of interest, joy or pleasure; Anxiety; Isolation; “This doesn’t feel like me” statements; Mood swings; Worthlessness

What might it feel like if I have anxiety? Agitated; Excessive concern about baby’s or own health; Appetite Changes; Sleep Disturbances; Constant Worry; Racing Thoughts; Physical symptoms such as: shortness of breath, heart palpitations, stomach issues

What do I do if I think I have PMAD symptoms?

Ask yourself:

- Over the past 2 weeks, have I felt down, depressed or hopeless?
- Over the past 2 weeks, have I felt little interest or pleasure in doing things?

If you answered “Yes” to either question, call your healthcare provider to set up an appointment as soon as possible. Here are some other resources for immediate support:

Postpartum Support International: 1-800-944-4773
1-800-CHILDREN

Mini-Grant Awarded to Butts County to Promote Safe Sleep

The Butts County Health Department was recently nominated as a mini grant recipient through the “Safe to Sleep” campaign. The grant included a display exemplifying the ideal sleep environment for infants. We received a pack and play crib, child model wearing a sleep sack, educational supplies, and informative DVD. Our goal is to utilize the display in work associated with our collaborative’s low birth weight initiative. Expectant mothers and postpartum mothers will be able to visualize recommended safe sleep environment for infants, and also receive printed education for reinforcement. Through joint efforts of the Butts County low birth weight initiative, and the safe to sleep campaign, our organization hopes to raise awareness regarding sleep related causes of infant death.

UPCOMING EVENTS

Cooking Matters Classes Provided by WIC

Cooking Matters teaches caregivers how to prepare healthy meals on a limited budget. WIC and non-WIC participants are welcome...including children!

Lamar: 1st, 3rd Tuesday of each month @ 1pm; Spalding: Every Monday (except 5th weeks) @ 10am and 1pm

Butts: 1st, 2nd, 3rd Tuesday of each month @ 1pm Heard: 4th Friday of the month @ 1pm

<http://www.district4health.org/cooking-matters-classes/>

Butts County will hold an event on Saturday, July 25, 2015 to provide school supplies to Butts County children and to provide information about community resources to their families. Admission is free, supplies are free, but must reside in Butts County.

Location: Butts County Dept of Leisure Services (formerly known as Recreation)
576 Ernest Biles Drive (next door to Butts County DFCS)
Jackson GA 30233

Time: 8:00 a.m. -- 12:00 noon

Welcome Butts County back to the Low Birthweight Prevention Initiative!

Butts County Low Birthweight Prevention Initiative
P. O. Box 976
Jackson GA 30233
buttscountylowbirthweight@gmail.com

www.butts.gafcp.org
770-504-2230

Important numbers to know

District 4 Public Health

770-358-1483

WIC Call Center

1-866-636-7942

Georgia Quit line

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

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/SpaldingCountyLowBirthWeightPreventionInitiative
(678) 588-8736

Go to www.gafcp.org/communicate/stories to read more about the LBW prevention work happening in these four counties.

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