

# Improving Infant Health

A Low Birthweight Prevention Initiative

June 2014



Volume 2



**What is  
more  
important  
than this  
sweet face?**

## *Nutrition During Pregnancy*

Good nutrition is an important component of a healthy lifestyle and a healthy baby. The best time to review your nutrition and to make appropriate changes is prior to conception. A very important time of fetal development is during the first several weeks of pregnancy. This is the time all of the major body systems are undergoing formation and rapid development. Many women may not even realize they are pregnant at this time. Therefore it is prudent to make your lifestyle and nutritional changes several months before conception occurs.

The nutritional changes that should occur prior to pregnancy must be individualized based on your medical status, weight and eating habits. Poor eating habits during pregnancy can be harmful to both the mother-to-be and the fetus. Remember what you eat is what your baby will eat.

## How Does Smoking During Pregnancy Harm My Health and My Baby?

Most people know that smoking causes cancer, heart disease, and other major health problems. Smoking during pregnancy causes additional health problems, including premature birth (being born too early), certain birth defects, and infant death.

- Smoking makes it harder for a woman to get pregnant.
- Women who smoke during pregnancy are more likely than other women to have a miscarriage.
- Smoking can cause problems with the placenta—the source of the baby's food and oxygen during pregnancy. For example, the placenta can separate from the womb too early, causing bleeding, which is dangerous to the mother and baby.
- Smoking during pregnancy can cause a baby to be born too early or to have low birth weight—making it more likely the baby will be sick and have to stay in the hospital longer. A few babies may even die.
- Smoking during and after pregnancy is a risk factor of Sudden Infant Death Syndrome (SIDS). SIDS is an infant death for which a cause of the death cannot be found.
- Babies born to women who smoke are more likely to have certain birth defects, like a cleft lip or cleft palate.

# Quit Smoking NEXT EXIT

Are you ready to live tobacco-free?

## Fresh Start Smoking Cessation Classes

The Fresh Start class series helps you understand tobacco addiction and gives you **proven, practical tools** to help you **quit for good**. The class supports you through the first few days — when quitting is the hardest — then teaches you how to **master obstacles** that may come later in the journey. You'll also learn the **long-term benefits of quitting tobacco** and how to avoid a relapse.

Please visit

[www.GetHealthyLiveWell.org](http://www.GetHealthyLiveWell.org)

or call 770.214.CARE for dates and locations near you.

Registration is required.

For additional support, call the 24-hour  
GEORGIA TOBACCO QUIT LINE at **877.270.STOP** (7867).

GET HEALTHY  LIVE WELL

### 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](mailto:heardcountylowbirthweight@gmail.com)

[www.heard.gafcp.org](http://www.heard.gafcp.org)

[www.facebook.com/](http://www.facebook.com/)

HeardCountyLowBirthWeightInitiative

(706) 675-3456

Lamar County

118 Academy Dr.

Barnesville, GA 30204

[lamarlbwinitiative@yahoo.com](mailto:lamarlbwinitiative@yahoo.com)

[www.facebook.com/LamarCoSteps](http://www.facebook.com/LamarCoSteps)

[www.lamar.gafcp.org](http://www.lamar.gafcp.org)

(770) 358-1483

Spalding County

P.O. Box 701

Griffin, GA 30224

[spaldingcollaborative@gmail.com](mailto:spaldingcollaborative@gmail.com)

[www.spalding.gafcp.org](http://www.spalding.gafcp.org)

(678) 764-6297

For more information about Georgia's Low Birthweight Initiative, go to [www.gafcp.org/count/LBW](http://www.gafcp.org/count/LBW).