

# Improving Infant Health

A Low Birthweight Prevention Initiative

February 2016

Volume 6



Eating healthy foods, staying active and gaining the right amount of weight during pregnancy can help keep you and your baby healthy.

Your body needs vitamins, minerals and other nutrients to stay healthy and strong. During pregnancy, your growing baby counts on you for these nutrients. You need more folic acid, iron and Vitamin D than a woman who is not pregnant. Vitamin D works with calcium to help the baby's bones and teeth develop. Folic acid helps prevent major birth defects of the baby's brain and spine. Taking a prenatal vitamin that contains folic acid, along with eating healthy foods, can help you get the nutrients that you both need.

Learn how to make smart food choices and how to prepare, cook and handle foods safely. Find out about foods to avoid or limit during pregnancy, like foods that contain caffeine or mercury.

For most pregnant women, it's safe to exercise every day. Being active can give you energy, help you relieve stress and help you gain the right amount of weight during pregnancy. It can even help your body get ready for labor and birth! Talk to your doctor about what's OK and what's not during pregnancy.

## Eating healthy during pregnancy

*A gal's gotta eat, right? Especially a pregnant gal!*

But just because you have a bun in the oven doesn't mean you get a license to eat whatever you want, as much as you want. So put the ice cream down, and let's talk about eating healthy during pregnancy.

Most pregnant women need only about 300 extra calories per day. The exact amount depends on your weight before pregnancy. If you're underweight before pregnancy, you may need more calories. If you're overweight before pregnancy, you may need less.

Talk to your health care provider about what's right for you.

***Pregnancy is an especially important time in a woman's life to focus on proper health care and nutrition. Important nutrition components of a healthy pregnancy include well-balanced diet, proper weight gain, safe and appropriate use of supplements, avoidance of alcohol, and safe food handling.***

## 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

### ***Save the Date***

#### **LBW Symposium**

April 6, 2 PM – 3 PM – Gordon College, Barnesville, GA

For more information contact Lamar County Health Department, 770-358-1483

**Healthy Children Conference** – [www.healthychildren2016.eventbrite.com](http://www.healthychildren2016.eventbrite.com)

April 12, 8:30 AM – 3 PM – University of Georgia, 1109 Experiment St., Griffin, GA

#### **West Central Georgia Community Transformation Collective**

April 22, 10 AM – 2 PM – Newnan location TBD

For more information, call 678-764-6297 or contact your local Family Connection Coordinator

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)

(706) 302-9776

### **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

### **Butts County**

P. O. Box 976

Jackson GA 30233

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

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

770-504-2230

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

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