

BUMP AND BEYOND

Cobb & Douglas Public Health Pregnancy Newsletter



Nutrition During Pregnancy

Pregnancy places some additional nutritional demands on our bodies, and a healthy diet can reduce the chance of pregnancy-related complications and improve the overall health of mother and baby. Here are a few considerations for nutrition throughout the course of your pregnancy.

HOW NUTRITIONAL NEEDS CHANGE DURING PREGNANCY

Your body needs some additional nutrients during your pregnancy, and there are a few nutrients that need some special consideration. Vitamin D, folate/folic acid, iron, and calcium are all important nutrients for the development of your baby.

Calcium is important for your baby’s bone and teeth development. It can also help reduce the risk for pre-eclampsia, which is a dangerous condition during pregnancy that causes sudden increases in blood pressure.

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It can also help reduce the risk for pre-eclampsia, which is a dangerous condition during pregnancy that causes sudden increases in blood pressure. Vitamin D, another important nutrient to get adequate amounts of, works together with calcium to promote the healthy development of your baby's skeleton. It is also essential for the development of healthy skin and eyesight. Iron is a mineral that you will need almost double the normal amount of during your pregnancy. It helps with red blood cell production, which is ramped up during pregnancy due to the increase in the amount of blood circulating within the body. Not receiving enough iron during pregnancy can cause iron deficiency anemia, which can increase the risk of early labor, low birth weight, and other complications. Finally, folate is very important in the formation of your baby's nervous system and promotes healthy brain and spinal cord development. Folic acid is a form of folate that is commonly added to cereals, supplements, and other fortified foods.

RECOMMENDED AMOUNTS AND SOURCES OF NUTRIENTS

- Vitamin D – 600 international units (IU) per day from sources like fatty fish (such as salmon), fortified milk and orange juice
- Iron – 27 milligrams (mg) per day from lean red meats, poultry, fish, iron-fortified cereals, beans and vegetables
- Calcium – 1,000 milligrams (mg) per day for adults (pregnant teenagers need 1,300 mg per day) from dairy products and certain vegetables, such as broccoli and kale

- Folate/folic acid – 400 micrograms (mcg) per day before conception, and 600 – 1,000 mcg per day throughout pregnancy from fortified cereals, citrus fruits, peas, lentils, dried beans, and dark green leafy vegetables.

Taking a prenatal vitamin with all these nutrients included, along with maintaining a balanced diet is recommended and encouraged by most obstetricians and will help support the healthy development of your baby.

THINGS TO AVOID OR LIMIT DURING PREGNANCY

Coffee/tea. Caffeinated coffees and teas are recommended to be avoided during pregnancy, as studies have shown caffeine to be harmful to your baby's development.

Sugary drinks & processed foods. Even before pregnancy, your provider has probably asked you in the past to avoid processed foods, sugary drinks and sodas, and other 'junk' foods. That's because many of these food options are high in fats, sugar, sodium, and other things that are not nutritionally beneficial to our bodies. They can increase your risk for gestational diabetes and cause excess weight gain. Choose foods that are nutrient dense and whole, such as fruits and vegetables, whole grains, and lean meats, and sources of healthy fats such as fish, nuts, and seeds. Try to prepare your own meals as often as possible, and drink mostly water (64oz. per day) instead of juice or other sweetened beverages.

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Certain diets. Dieting with certain diet plans that are meant to reduce the types of foods you consume, such as a ketogenic diet or Paleo diet, should be avoided. The goal is to have a large variety of nutrients from a variety of sources. Severely limiting a food group, such as carbohydrates (as in a ketogenic diet) or dairy (Paleo diet) can cause nutritional deficiencies, especially during pregnancy.

Alcohol and drugs. No amount of alcohol is safe to use during pregnancy, and it should be avoided at all costs. Alcohol use during pregnancy can lead to severe developmental complications, low birth weight, maternal complications, and other issues. Recreational drugs, such as marijuana, cocaine, heroin, and others, should be avoided. Tobacco products and nicotine (including e-cigarettes and vapes) have been shown to have detrimental effects on fetal development, and their use should be stopped before pregnancy.

Foods that can cause foodborne illness. Deli meats should be avoided or cooked until steaming hot before consuming them. This includes pre-packaged ham, turkey, bologna, chicken, hot dogs, refrigerated meat spreads and refrigerated smoked fish. Raw fish, shellfish and sushi should be avoided as well. Unpasteurized soft cheeses such as feta, brie, blue cheese, queso fresca and queso blanco can also be unsafe. All these food items can contain harmful bacteria that could make you and your baby very sick during pregnancy.

Fish with high levels of mercury. Mercury is a naturally occurring element found in certain fish and shellfish that can be harmful to your baby's brain development. Limit your consumption of white (albacore) tuna to 6 ounces per week and do not eat tilefish, mackerel, swordfish, or shark.

WEIGHT GAIN AND BMI DURING PREGNANCY

You may be wondering how much weight you should be anticipating to gain during your pregnancy. The amount of weight gain during pregnancy will vary based on your beginning Body Mass Index, or BMI. BMI is a measurement tool used to determine the amount of body fat on your body, and it is calculated from your weight and height. Weight gain is always normal during pregnancy, however, the higher your BMI is pre-pregnancy, the less weight you will want to gain throughout your pregnancy.

Generally, if before pregnancy, you were:

- Underweight (BMI less than 18.5) – you should gain 28-40 pounds
- Normal Weight (BMI 18.5-24.9) – you should gain 25-35 pounds
- Overweight (BMI 25.0-29.9) – you should gain 15-25 pounds
- Obese (BMI greater than or equal to 30.0) – you should gain 11-20 pounds

Nutrition During Pregnancy

A higher pre-pregnancy BMI can put you and your baby at risk of complications during pregnancy. Conditions such as gestational diabetes and pre-eclampsia are more common in individuals with higher BMIs. A high BMI and excess weight gain can also cause delivery complications such as a larger-sized baby, leading to cesarean delivery and possibly even childhood obesity. It's important to have a discussion with your obstetrician about a realistic and individualized plan to gain the appropriate amount of weight throughout your pregnancy to avoid complications.

Weight Gain During Pregnancy | Pregnancy | Maternal and Infant Health | CDC

Nutrition During Pregnancy | ACOG

Pregnancy diet: Focus on these essential nutrients - Mayo Clinic

The importance of nutrition in pregnancy and lactation: lifelong consequences - PubMed (nih.gov)

Mercury and health (who.int)

UGA Extension Program Diabetic Class Graduation

Five participants from our Babies Born Healthy program graduated from the UGA Extension Program's Diabetic class. This eight-week class covers diabetic nutrition education and provides participants with the tools they need to manage diabetes during and after pregnancy.



Congratulations!



Pictured left to right: Maria Eugenia Vazquez, Lorena Soriano, Ada Lopez, Olga Diaz, Social Service Tech (kneeling), Reyna Isabel Canales Zavala, Blanca Mirna Duenas Vasquez, Darin Torres, and Maria Hernandez, Social Service Tech

Mental Well-Being During Pregnancy

Starting prenatal care early in your pregnancy is important to ensure you and your baby are physically healthy. It is just as important to manage your mental health and well-being during your pregnancy. Pregnancy is an exciting time, but it can also be a challenging and sometimes stressful time. You want to make sure to monitor your mental health as well as your physical health to keep you and your baby healthy during and after your pregnancy.

The challenges and stress you may experience during your pregnancy, along with the hormonal and physical changes you are experiencing, could increase your chances of developing a mental health condition during your pregnancy.

During pregnancy, some people may develop depression, anxiety, or bipolar disorder (less common). It is also important to know, both partners can experience mental health conditions during and after pregnancy, not just the pregnant partner. Research shows about 1 in 8 women experience symptoms of depression and the rate of depression diagnoses at delivery is increasing.

There are certain factors that can increase your risk of developing anxiety and depression during your pregnancy, and these include:

- Previous mental health condition
- Not having enough support
- Going through a hard time
- Past or current abuse of any kind
- Drug or alcohol problems

During and after pregnancy, you should be looking out for symptoms of anxiety and depression. Signs of depression are different from “the baby blues”, which refers to feelings of tiredness, sadness, and worry. Depression symptoms are more intense, last longer, and affect your daily life.

Be on the lookout for these symptoms and talk to your health care provider if you experience any of them:

- You feel consistently bad (sad or worried) for longer than 2 weeks.
- Negative thoughts or feelings are affecting your ability to function normally.
- Loss of interest, feelings of hopelessness, or unable to cope.
- Feeling anxious or worried most of the time
- Experiencing panic attacks.
- Difficulty falling asleep or sleeping too much.
- Suicidal thoughts or suicidal attempts.
- Overeating or loss of appetite.
- Aches or pains that do not get better with treatment.
- Problems concentrating, making decisions, or recalling details.

There are things you can do during and after your pregnancy to manage your mental health and well-being. You should rest when you feel you need to and be realistic about what you can do. Expecting too much of yourself can add unnecessary stress to your daily life. If someone offers to help you with anything, accept it, and ask for help when you need it.

Mental Well-Being During Pregnancy

Making connections with other parents or expectant parents can provide a means of support. Avoiding other major life changes during this time, such as moving or changing jobs, can be helpful too. Try to stay active by doing exercises that have been approved by your health care provider, try to eat regular, healthy meals, and avoid drugs and alcohol.

Depression can feel different for everyone, and you may experience many symptoms or only just a few. Depression and anxiety during and after pregnancy is common and treatable. It can happen to anyone. Do not feel ashamed. Seek the help of a medical professional right away if you feel you are experiencing any symptoms of anxiety or depression.

<https://www.cdc.gov/reproductivehealth/features/maternal-depression/index.html>

<https://www.pregnancybirthbaby.org.au/mental-wellbeing-during-pregnancy>

Rewards & Incentives

We hope that you find the services provided by your Healthy Start care team to be helpful and informative. Our goal is for you to have the safest and healthiest prenatal and postpartum experience possible. We want your baby (or babies) to come into this world strong, well, thriving, and for our dads to be your #1 supporters. We appreciate you allowing us to be on this journey with you and we want you to know that we don't take our roles lightly.

Although we're not able to provide incentives for each client on each visit, you will continue to receive those items that support some of our goals, such as providing babies a safe place to sleep, introducing literacy and words through books, monitoring milestones, and offering information for a myriad of resources.

We want to go a step further! In addition to items you may already receive, we will soon have more gift card drawings!

On your monthly calls and/or visits with your Healthy Start Nurse or Care Coordinator you may become eligible for drawings for additional gifts based on many of the healthy habits that you are already doing. Some of the ways you may have a chance to win are listed below.

- Prenatal Care
- Postpartum Care
- Well-Women Care
- GA Hope Support Group Participation
- Peer Referrals
- Customer Satisfaction Survey
- Events/Classes (gift cards may be limited)
- CAN Events Participation

Rewards & Incentives

Customer Satisfaction Surveys

With Healthy Start, all participants are **Winners!** However, we want to extend a special congratulations to our recent raffle winner for their participation in completing a Customer Satisfaction Survey.

Congratulations to the winner of our January gift card raffle drawing. Ms. O. Imhadoujiemu will receive a \$25 gift card of appreciation!!



As each of you communicate monthly with your Care Team, you should be given the opportunity to complete a survey; not only as a chance to be entered into our monthly drawing, but also, and most importantly, for you to be able to provide feedback on your experience with our programming/services and to let us know how we can improve. All that is required to be entered into the raffle is that you send confirmation of your completed survey to your Healthy Start Nurse or Care Coordinator within the month that you receive it, and your name can be entered. Please note that you do not have to participate in the raffle drawing and may complete surveys anonymously if you prefer.

Client Referrals

We are also now offering gift cards as referral incentives for other eligible pregnant women you refer to our program. To qualify for this incentive, the referred woman must fully complete the enrollment process and subsequently keep her next scheduled appointment. Please let a member of your Care Team know if you have a friend or family member who may qualify for our program.

Mom's Group Sessions

We hope many of you are finding the Moms' Group sessions through Georgia Hope to be enlightening. This service is provided for you twice a week as a means of support and camaraderie with other ladies that may be in similar stages of life as you. We want to see each of you happy, healthy, and thriving in every aspect of your life and our hope is that this is one way to help with that.

Going forward, as a consistent participant of the Moms' Group sessions (attending at least one weekly session 3-4 times a month) you may be eligible to earn gift cards for restaurants including Panera Bread and Chick-Fil-A while supplies last! This is just one of the small ways for us to thank you for allowing us to be a part of your journey!

Healthy Start Celebrates at Riverside Neighborhood Community Garden



March 19th, 2023 !!!



Gardening of the Green



Events & Classes

• **Stork's Nest**

Our local Stork's Nest is offering **free**, app-based learning modules for prenatal education classes. Earn a \$10 gift card per module! Register at <https://tinyurl.com/36k55u56> using Rho Xi Zeta for question 4.

• **Pickles & Ice Cream**

Pickles & Ice Cream is offering free, live webinars covering prenatal, postpartum, breastfeeding, and newborn care. To view class dates and times, visit: <https://picklesandicecreamga.org/events>.

• **Healthy Start Support Group**

CDPH's Healthy Start Program launched a virtual support group for moms, led by a therapist. Whether you're expecting or recently had your baby, you are welcome to attend. The group meets Tuesday evenings from 5:00pm - 6:30pm and Thursday afternoons from 2:00pm - 3:30pm. To join the Zoom call, use this link: <https://zoom.us/j/2925874010>.

• **Inspiring Fathers Program**

Inspiring Fathers is a program for individuals who support a mom in Healthy Start. We want to prepare fathers, partners, or other support figures for the mental, spiritual, and emotional responsibility of being actively involved in the child's life. The program includes a 12-week course that will teach the tools to care for the financial and emotional stability of your family. Topics will cover issues such as job training, housing assistance, self-esteem, relationship building and parenting skills. Meetings are held once a week over a hot meal as we help you build a safe, strong home life for your child. Contact 770-635-0523 to register or to answer any questions you have about the program.



**COBB & DOUGLAS HEALTHY START HAS
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