

# BUMP AND BEYOND

*Cobb & Douglas Public Health Pregnancy Newsletter*



## Keeping Children Warm And Safe In The Winter

**Baby it's cold outside...**

Most parents and caregivers want to bundle an infant in warm layers when the weather gets cold, but bundling can make an unsafe environment in both the crib and the car seat.

### In The Crib

When an infant is bundled in blankets it can pose as a suffocation hazard. A loose blanket could cover a baby's airway or make their body temperature too high. Dress baby in a wearable blanket, onesie or similar clothing for every sleep.

Here are the ABCs to achieve a safe sleep environment:

**Alone** – remove blankets, toys, pillows, bumper pads and any other accessories from the sleep space

**Back** – place baby on their back, every sleep, every nap, every time

**Crib** – put baby in their own sleep space, such as a crib, bassinet, or play yard

### In The Car Seat

Thick coats and jackets can interfere with the fit of a car seat harness. When kids wear a coat in their car seat, it often makes the harness too loose. A harness that isn't snug won't protect a child as well.

HEART HEALTH  
AWARENESS & WINTER  
ISSUE

KEEPING CHILDREN  
WARM IN THE WINTER  
HEART HEALTH

HIGH BLOOD PRESSURE  
DURING PREGNANCY  
UPCOMING CLASSES  
AND EVENTS



**COBB & DOUGLAS  
PUBLIC HEALTH**  
*Healthier lives. Healthier community.*



Here are tips for keeping a child warm and safe while riding in a car seat:

Remove any thick coats or jackets before buckling the child into the car seat. Securely fasten the child into the car seat. Place a blanket over the child.

For more tips on how to keep children safe, visit: [www.safekidscobbcounty.org](http://www.safekidscobbcounty.org), [www.safekids.org](http://www.safekids.org), and [www.dph.georgia.gov/safetosleep](http://www.dph.georgia.gov/safetosleep)

## HEART HEALTH MONTH AWARENESS

### What is Heart Disease?

When people talk about heart disease, they're usually talking about coronary heart disease (CHD). It's also sometimes called coronary artery disease (CAD). This is the most common type of heart disease. When someone has CHD, the coronary arteries (tubes) that take blood to the heart are narrow or blocked. This happens when cholesterol and fatty material, called plaque, build up inside the arteries. Experts aren't sure what causes plaque to build up. They think it may happen when your arteries get damaged by:

- Too much fat and cholesterol in the blood
- High blood pressure
- Smoking
- Too much sugar in the blood because of diabetes or other health problems

When plaque blocks an artery, it's hard for blood to flow to the heart. A blocked artery can cause chest pain or a heart attack.



### **Pregnancy and heart disease**

The body of a pregnant woman changes in many ways to ensure the safety, comfort, and sustenance of the growing baby. The cardiovascular system is one of the organ systems that goes through a lot of changes, which can have an impact on a person's cardiovascular system and general health. The woman's circulatory and cardiovascular systems begin to change in the first trimester, peaking in the second, plateauing in the third, and then returning to normal or disappearing a year after the baby is delivered. The following are some of the risk factors for heart disease during pregnancy:

#### **Non-modifiable risk factors**

- Anyone over the age of 30 at the time of conception
- Pregnancies in multiples
- Previous pregnancy complications, such as preeclampsia or gestational diabetes, should be considered
- Cardiomyopathy, myocarditis, endocarditis, arrhythmias, and congenital heart disease are all examples of preexisting heart disease

#### **Modifiable risk factors**

- Misuse of alcohol and/or drugs
- Obesity is defined as having a BMI of 30 or higher
- Key nutrients prior to and during pregnancy
- Diabetes
- Blood pressure that is too high

### **Heart health habits for families**

Healthy children should be active throughout the day, according to the American Heart Association. Every day, children aged six and up should engage in at least one hour of moderate to vigorous activity. This will assist children in maintaining a healthy weight and maintaining the health of their hearts, brains, and bodies.

While an hour a day may seem like a significant amount of time, there are various ways to include physical activity into your family's daily routine. Everything adds up.

- Take advantage of the beautiful outdoors! Set aside time for outside activities with your children. Talk a walk, hike a nature trail, play tag, hopscotch, badminton, basketball, ride bikes, or do yoga on the lawn.
- Make time for family fun. After dinner, go for a walk or play a game of tag with the family. Bowling, catch, bean bag toss, or miniature golf are examples of activities that involve movement. You can even make your own simple home bowling or putt-putt golf games with everyday objects from around the house or you can purchase plastic indoor sets.
- Carefully select toys. Toys that promote physical activity, such as balls, jump ropes, kites and skateboards are good ways to encourage more movement with children.
- Plant a garden! Plant care, weeding, and watering gives your kids an excuse to go outside every day. Learning how to grow a garden is educational and sampling the harvest promotes healthy eating habits.
- Participate in household chores. As a family, clean, fold laundry, rake the leaves, or do small home projects. Your home, as well as the health of your family, will benefit in the end. You can spice up the fun by turning chores into a dance party while you clean.

Take good care of yourself and your family and team up with your health care providers and community to keep your heart healthy!

#### **References**

“How to Get Your Family Active.” [Www.heart.org](https://www.heart.org), 2022, <https://www.heart.org/en/healthy-living/fitness/getting-active/how-to-get-your-family-active>.

“Pregnancy and Heart Disease.” [RWJBarnabas Health](https://www.rwjbh.org/treatment-care/heart-and-vascular-care/diseases-conditions/pregnancy-and-heart-disease/), 2022, <https://www.rwjbh.org/treatment-care/heart-and-vascular-care/diseases-conditions/pregnancy-and-heart-disease/>.

# HIGH BLOOD PRESSURE DURING PREGNANCY

Some women have high blood pressure during pregnancy. This can put the mother and her baby at risk for problems during the pregnancy. High blood pressure can also cause problems during and after delivery. The good news is that high blood pressure is preventable and treatable.

High blood pressure, also called *hypertension* is very common. In the United States, high blood pressure happens in 1 in every 12 to 17 pregnancies among women ages 20 to 44.3

High blood pressure in pregnancy has become more common. However, with good blood pressure control, you and your baby are more likely to stay healthy.

The most important thing to do is talk with your health care team about any blood pressure problems so you can get the right treatment and control your blood pressure—before you get pregnant. Getting treatment for high blood pressure is important before, during, and after pregnancy.

## Before Pregnancy

- Make a plan for pregnancy and talk with your doctor or health care team about the following:
  - Any health problems you have or had and any medicines you are taking. If you are planning to become pregnant, talk to your doctor. Your doctor or health care team can help you find medicines that are safe to take during pregnancy.
  - Work to keep a healthy weight through healthy eating and regular physical activity.

## During Pregnancy

- Get early and regular prenatal care. Go to every appointment with your doctor or health care professional.
- Talk to your doctor about any medicines you take, and which ones are safe. Do not stop or start taking any type of medicine, including over-the-counter medicines, without first talking with your doctor.
- Keep track of your blood pressure at home with a home blood pressure monitor. Contact your doctor if your blood pressure is higher than usual or if you have symptoms of preeclampsia:



## Symptoms of Preeclampsia

- **A headache that will not go away**
  - **Changes in vision, including blurry vision, seeing spots, or having changes in eyesight**
  - **Pain in the upper stomach area**
  - **Nausea or vomiting**
  - **Swelling of the face or hands**
  - **Sudden weight gain**
  - **Trouble breathing**
- Talk to your doctor or insurance company about getting a home monitor.
  - Continue to choose healthy foods and keep a healthy weight.

## After Pregnancy

- Pay attention to how you feel after you give birth. If you had high blood pressure during pregnancy, you have a higher risk for stroke and other problems after delivery. Tell your doctor or call 9-1-1 right away if you have symptoms of preeclampsia after delivery. You might need emergency medical care.

## Resources:

<https://www.cdc.gov/bloodpressure/pregnancy.htm>  
[https://www.cdc.gov/heartdisease/american\\_heart\\_month\\_patients.htm](https://www.cdc.gov/heartdisease/american_heart_month_patients.htm)

## 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.



**Healthy  
Start**

### • **Riverside Neighborhood Community Garden, Sundays 1-2pm**

The garden offers **free** membership and classes. Free food is also given to volunteers. The garden is located at 875 Riverside Parkway, Austell, GA 30168. For more information, email: [RNCommunityGarden@gmail.com](mailto:RNCommunityGarden@gmail.com).

### • **Inspiring Fathers, Wednesdays 7-8pm**

This **free** program is designed for dads and expecting fathers who wish to learn more about fatherhood skills, traits, and practices over a three-month program cycle. It focuses on strengthening family resiliency, fatherhood involvement, and knowledge about parenting skills. This class follows the 24/7 Dads Curriculum and is held via Zoom. Call Chris White at 404-782-7158, for more information.



### • **Pickles & Ice Cream**

Pickles & Ice Cream offers free, live webinars covering prenatal, postpartum, breastfeeding, and newborn care. You can also earn up to \$20 in gift cards per class! 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 6:00- 7:30pm and Friday afternoons from 1: 00 - 2:30pm. To join the Zoom call, use this link: <https://zoom.us/j/2925874010>.



**Inspiring  
Fathers**

## FEATURED RESOURCES: CHRONIC DISEASE PREVENTION

- **American Heart Association** [heart.org](http://heart.org)
- **CDC Chronic Disease Prevention System:** Use this resource to understand the four domains of chronic disease prevention. [cdc.gov/chronicdisease/index.htm](http://cdc.gov/chronicdisease/index.htm)

For these and other resources and information about chronic disease prevention, please visit: <https://www.cobbanddouglasspublichealth.com/community-health/chronic-disease-prevention/>