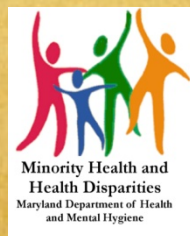





Stay Strong Stay Healthy

Anne Arundel County Department of Health
Healthy Babies Program







Taking care of yourselves
is one of the **BEST** things
you can do for your future



Preconception Health

- Everyone, no matter the age, can benefit from preconception health.
 - What is preconception health?
 - Why is having a healthy lifestyle important?
- 



African-American women are more likely to suffer from...

- Heart disease and stroke
- High blood pressure
- Diabetes
- Overweight or obesity

Sexually Transmitted Infections

- STIs
 - 20 million new cases per year
 - Some cause infertility and even death
 - Often have no obvious symptoms

- HIV
 - Blacks are most affected
 - Blacks account for 44% of all new cases
 - 1 in 32 Black women will be diagnosed





Women with health problems
are at higher risk of having
unhealthy pregnancies and
babies





- Black babies in Maryland are 2.5 times more likely to die than white babies
- In Anne Arundel County, the rate is very close to 2 times higher

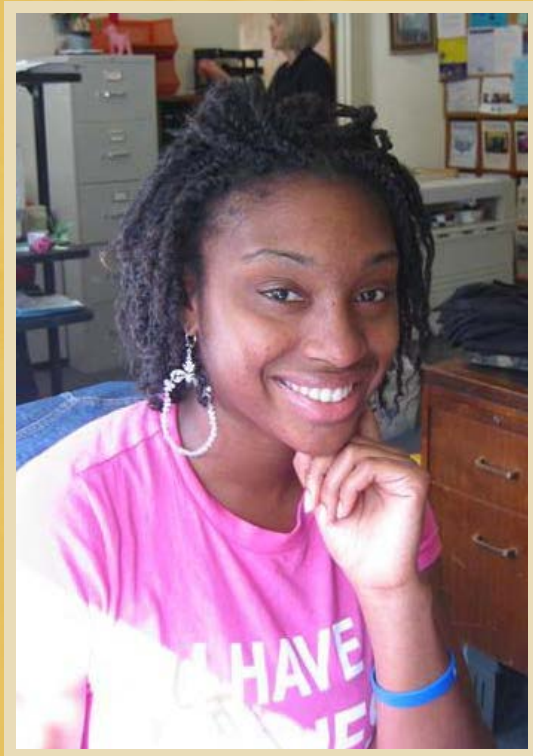
Causes of Infant death

- Black babies are more likely:
 - born prematurely
 - low birth weight



- All families, of income levels are affected

You are **STRONGEST**
when you are **HEALTHY...**



BODY

MIND

SOUL

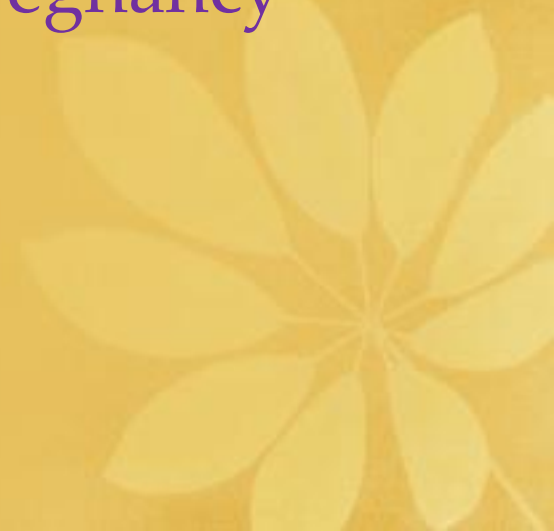
What can we DO?





Preconception Health

- Decide what you want for your life.
- Create a plan that includes a healthy lifestyle.
- Understand how an unintended pregnancy can affect your goals.





Unintended Pregnancy

- What is an unintended pregnancy?
- Women with unintended pregnancies are more likely to:
 - Delay prenatal care
 - Not breastfeed baby
 - Experience maternal depression
 - Experience health risks for mom and baby.



Unintended Pregnancy

- Women who are more likely to experience unintended births include:
 - Unmarried
 - Couples who live together
 - Black or Hispanic
 - Women with less education and income
- Each year, 1 out of 5 unintended pregnancies is a teen.



Teen Mothers

- Teen mothers are:
 - Are less likely to graduate from high school
 - Earn less money per year
 - Receive nearly twice as much federal aid for nearly twice as long.


Body

- Get regular **check-ups!**
 - Pelvic exams and female exams
 - Know your **HIV status**. Know your partner's
 - Get tested for sexually transmitted infections
 - Get health problems under control
 - Blood pressure
 - Diabetes
 - Asthma
 - Anemia





Body

- **Prevent infections**
 - Sexually transmitted infections
 - Get up-to-date on your **vaccines**
 - Hepatitis B
 - Human papillomavirus—HPV (cervical cancer, genital warts)
 - Seasonal flu (every year)
 - Tetanus & Diphtheria (every 10 years)
 - Whooping cough (pertussis)
- 


Body

- Take a vitamin every day
 - Include 400 mcg folic acid
- Get moving
- Be a healthy weight
- Quit smoking
- Learn your family history





Lifestyle & Behavior

- Talk your doctor and be honest, if you:
 - Smoke
 - Drink
 - Use street drugs
 - Are in an unhealthy relationship
 - Experience abuse
 - Are being bullied at school
 - Live a stressful environment
 - Live or work around toxic substances
- 

Mind

- Learn how to handle stress
- Face drug & alcohol problems
- Manage mental health issues




Soul

- Don't let go of your **dreams**
- Seek **support** from your family, friends and community





Who Can You Call For Help?


- Your family
 - Your doctor or nurse
 - Anne Arundel County
 - Department of Health
 - 410-222-7095
 - Department of Social Services
 - 410-269-4500
 - The Partnership for Children, Youth & Families
 - 1-800-485-0041
- 



Stay Healthy
Stay Strong



What will **you** do to
stay strong?





ANY QUESTIONS?

