



Stay Strong Stay Healthy

Anne Arundel County Department of Health
Healthy Babies Program



Women hold the
FAMILY together.




Love

Care

Give

When do we **LOVE**
ourselves?



Taking care of ourselves
is one of the best things
we can do for our families

You are **strongest**
when you are **healthy...**




Body

Mind

Soul

What are our Biggest Health Issues?

- * Heart disease
- * Cancer
- * Chronic lung disease
- * Stroke
- * Diabetes
- * Overweight and obesity
- * Mental health and substance abuse
- * HIV and STIs



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

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 risk for mom and baby.



- * 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

What can we DO?



Reproductive Life Plan

- * Make a plan that includes your goals for having or not having children.
- * This plan is part of an overall LIFE plan.
- * If you plan on having children, talk to your doctor about preconception care.
- * If you do not plan on having children, talk to your doctor about what you can do to prevent pregnancy.



Preconception Health

- * What is preconception health?
- * All women can benefit from preconception health.
- * Regardless of your choice have or not have a baby.

BODY

- * Get regular **CHECK-UPS!**
 - * Female exams
 - * Know your **HIV status**. Know your partner's
 - * Get tested for sexually transmitted infections
 - * Cancer screenings
 - * Breast
 - * Cervical (Pap smears)
 - * Colorectal



BODY

- * **TREAT & CONTROL** your health problems
 - * Blood pressure
 - * Diabetes
 - * Heart disease
 - * Asthma
- * Learn about your family history



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)
 - * Pneumonia vaccine
 - * 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**



Lifestyle & Behavior

- * Talk your doctor and be honest, if you:
 - * Smoke
 - * Drink excessive amounts of alcohol
 - * Use street drugs
 - * Are experiencing domestic abuse
 - * Live or work in a stressful environment
 - * Live or work around toxic substances
- * Your doctor can assist you with resources for counseling, treatment or support services

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, church and community



Stay Healthy

WHO can 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?