

Community Health Coalition, Inc.

308 Crutchfield Street, Suite E
P.O. Box 15176
Durham, NC 27704
Phone: (919) 470-8680
Fax: (919) 470-8688

Email: Healthcoali@aol.com Website: www.chealthc.org



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Health Sunday Topic: Infant Mortality

HEALTHY MOTHER, HEALTHY BABY

Every pregnant mother hopes and dreams of having a baby.

Did you know that a woman's health before and during her pregnancy directly impacts the growth and development of her baby?

Prepare now by eating healthy nutritious foods, exercising, and taking folic acid and other prenatal vitamins to ensure that you and your baby are strong and healthy.

Remember, a healthy baby starts with a healthy mother!

For more information, read today's Health Sunday Flyer; and refer to the following websites:

Having a Healthy Pregnancy"
Centers for Disease Control and Prevention
<http://www.cdc.gov/ncbddd/bd/abc.htm>

Pregnancy and Newborn Health Education Center
March of Dimes
<http://www.marchofdimes.com/pnhec/pnhec.asp>

National Women's Health Resource Center
<http://www.healthywomen.org>



**HEALTH SUNDAY
IN THE BLACK COMMUNITY**
is a program of Health Tips.
It is provided by the
Community Health Coalition
in cooperation with the
Interdenominational
Ministerial Alliance of Durham
and Vicinity for church goers
each 4th Sunday.
Today's Health Tip is:
"Infant Mortality"
in the
African American
Community.

**REMEMBER:
A HEALTHY DURHAM
INCLUDES YOU !!**

Note: Please make enough copies of the attached flyer and distribute to each morning service attendee.
PLEASE return the enclosed POSTCARD.

Make healthy lifestyle choices for you and your baby !!!!

Healthy Mother, Healthy Baby

If you are pregnant :

- ◆ Remember that everything you put into your mouth, nose or veins goes directly into your baby.
- ◆ See a doctor or go to a health clinic as soon as you think you might be pregnant. The doctor will take your history and perform a physical examination during your first visit.
- ◆ Do not drink any type of alcohol in any amount. Drinking alcohol during pregnancy can cause birth defects and mental retardation.
- ◆ Do not use street drugs such as crack cocaine, marijuana or any illegal drug - not even once. Using street drugs can cut off the baby's blood supply and cause the baby to have a stroke, birth defects or learning problems.
- ◆ If you smoke cigarettes, quit now! Cigarette smoke is transmitted directly to your growing baby and can cause premature delivery and many other health complications.
- ◆ Check with your doctor before taking any medications, including over the counter medicines such as cold medicines, aspirin or diet pills.
- ◆ Ask your doctor about taking a prenatal vitamin, which contains many of the nutrients you and your baby need for a healthy pregnancy, including folic acid.



It's never too early to start planning for a healthy pregnancy!

Many women think that their lifestyle needs to change after they get pregnant. That's when they plan to stop drinking alcohol or smoking, and to begin eating healthy. But did you know that there are things you can do starting today that can help your baby of the future?

- ◆ One of the most important things you can do is to take folic acid, which is a naturally occurring B vitamin that is found in many fruits and vegetables as well as in fortified cereals and enriched bread products.
- ◆ Your baby needs it because it helps the neural tube develop properly. This is very important because the neural tube is the part of a developing baby that becomes the brain and spinal cord.
- ◆ Folic Acid works, but only if it is taken before and during the first weeks of pregnancy, when the neural tube is developing into the brain and spinal cord.
- ◆ Women who are pregnant or planning to become pregnant should take a multivitamin with 400 micrograms of folic acid in it. Most multivitamins have this amount-check the label to be sure.

Your Health Sunday Coordinator is: _____

A Message from your Community Health Coalition in association with
The Interdenominational Ministerial Alliance of Durham and Vicinity, North Carolina Mutual Insurance
Company, Central Carolina Black Nurses' Council Inc., and Durham Regional Hospital.