



Interconception Care Education Training Manual



BABY SPACING

HEALTH AND WELLNESS

NUTRITION AND PHYSICAL ACTIVITY

MENTAL HEALTH AND SUBSTANCE ABUSE



**Healthy Start Coalition
of Miami-Dade**

Interconception Care Education Training Manual



**Healthy Start Coalition
of Miami-Dade**

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Interconception Care Education

Definition of Service

Interconception means between pregnancies. Interconception education includes comprehensive information and education related to the optimal health status needed by any woman of reproductive age to improve the birth outcome of a potential subsequent pregnancy.

This curriculum provides activities that educate and inform women about access to health care, baby spacing, nutrition, physical activity, maternal infections, chronic health problems, substance abuse, smoking, mental health and environmental risk factors.

Eligibility

An eligible woman is defined as:

- A Medicaid or non-Medicaid participant that is no longer pregnant but is capable of becoming pregnant in the future

- A woman with a preterm birth, infant or fetal loss, low birth weight infant, or maternal condition that may contribute to a subsequent poor birth outcome. Women may be eligible for interconception services for up to eighteen months after delivery or infant loss.

Provider Qualifications

Interconceptional Education and Counseling are provided by trained and qualified health related professionals and paraprofessionals using approved protocols, procedures, competencies and curriculum with learning objectives and outcome measures.

Service Delivery

Interconceptional Education and Counseling can be provided in the clinic, or other site locations such as a home, school, church, library or community center. The information should be tailored to meet the individual needs of the client. Service delivery can be provided in three ways: 1. One-On-One Education; 2. Support Groups; 3. A Formal Educational Setting.

Coding

Interconception services are represented by code 8013. Code one unit for every 15 minutes of service provided. Program Component 22 is for participants that do not have an infant in their care. Service code 8013 is only to be used for participants who are no longer pregnant. If a woman is pregnant, she does not receive ICC services. The only time interconception services (8013) would be coded under the prenatal service component is during the eight week postpartum period before a prenatal client is closed to Healthy Start.

For more information, review the Healthy Start Standards & Guidelines 2014, Chapter 21 “Interconception/ Preconception (IC/PC) Services”



Interconception Care Education Training Modules

Module One: *Baby Spacing*

Module Two: *Health & Wellness*

Module Three: *Nutrition &
Physical Activity*

Module Four: *Mental Health &
Substance Abuse*



Women's Health Questionnaire

This form asks about your health. Your answers to these questions will help our providers identify and meet your needs. Please check off as many boxes as needed to answer each question. *You do not need to answer any question which makes you feel uncomfortable, however, be assured that all information is strictly confidential.*

Women's Health and Access to Health Care:

1. Do you currently use birth control?

- Yes, every day
- Sometimes
- No, never
- Don't know what birth control is

2. Why don't you use birth control?

- My partner doesn't want to use any
- Sex changes when using a condom
- Too expensive
- Can't get to any
- Don't need to use anything

3. Have you had a pap smear?

- Don't know what a pap smear is
- Every few years
- Never
- Yearly

4. Do you have a doctor?

- Yes
- No

5. Have you seen a doctor since your last baby was born?

- Yes
- No

6. When was your last doctor's visit?

- Within the past month
- Within the past 6 months
- Within the past year
- More than one year

7. How is your physical health?

- Very healthy, no concerns
- Need to lose weight and exercise
- Have medical concerns and need more help

8. What kind of health insurance coverage do you have?

- Uninsured
- Self pay
- Private insurance
- Medicaid
- Medicare
- HMO
- Other _____

9. Do you have a Sexually Transmitted Infection (STI)?

- Yes
- No



10. Have you had a Sexually Transmitted Infection (STI) in the past six months?

- Yes
- No

11. How often do you do a self-breast examination?

- Every month
- Never
- When I remember
- Yearly during my doctor's visit

12. Do you exercise?

- 3 or more times a week
- Once or twice a week
- Almost never
- Never

13. How often do you visit the dentist?

- Never
- Once every few years
- Once a year
- Twice a year

14. What is the time span between your pregnancies?

- Less than one year
- Less than two years
- More than two years
- Trying to get pregnant

15. Are you thinking about making changes in your life towards a healthier life-style?

- Yes
- No
- Maybe
- Don't know how but would like help

16. Do you smoke?

- Yes
- No

17. If you are a smoker, would you like help to...?

- Quit smoking
- Reduce the number of cigarettes per day
- I do not want any help

18. Does anyone else in your home smoke?

- Yes
- No

Please list all the prescriptions, nonprescription and over the counter medications, herbs and vitamins you currently take/use: _____

Please list any allergies you have (include food or medications) and the reaction they cause: _____

Please list any past surgeries/hospitalizations and your age at the time: _____



Women's Health Questionnaire

Provider Page Only

This form asks about your participants' health. The answers to these questions will help our providers to identify and meet their needs. Please help the participants in checking off as many boxes as needed to answer each question. You may read it out loud to the participants to facilitate them in answering the questions. If you need more information to help explain the question, go to the module provided by each question.

Question:

Content Covered in Module:

Do you currently use birth control?	Module One
For which reasons don't you use birth control?	Module One
Have you had a pap smear?	Module Two
Do you have a doctor?	Module Two
When was your last doctor's visit?	Module Two
How is your physical health?	Modules Two & Three
Do you have medical insurance?	Module One
How often do you do a self-breast examination?	Module Two
Do you exercise?	Module Three
How often do you visit the dentist?	Module Two
What is the time span between your pregnancies?	Module One
Are you thinking about making changes in your life toward a healthier life-style?	Modules One, Two & Three
Do you smoke?	Module Four
Mental Health & Substance Abuse	Module Four



Baby Spacing

Interconceptional Education Training Manual

What is Baby Spacing?

Contraceptive Myths

Contraceptive Choices

Are you Ready to Have Another Child?

Family Planning



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Key Words

Word	Definition
Baby Spacing	<i>determining the best time to have another child</i>
Contraception	<i>prevention of getting pregnant</i>
Contraceptive	<i>device used in the prevention of the fertilization of an egg (getting pregnant)</i>
Family Planning	<i>deciding the size and spacing of your family - choosing a birth control method that is best for you to prevent an unexpected pregnancy</i>
Health	<i>the condition of being physically free from disease and mentally sound</i>
Infant Mortality	<i>the death of a baby in the first year of life.</i>
Low Birth Weight	<i>a baby born weighing less than 2,500 grams (5 lb. 5 oz.)</i>
Maternal Depletion Syndrome	<i>the condition when the mother's body does not have enough time between births to recover-she is less able to nourish the baby she is carrying possibly causing a low or very low birth weight baby, a newborn dies during the first 28 days of life</i>
Neonatal	<i>a newborn during the first 28 days of life</i>
Neonatal Death	<i>the death of a baby in the first 28 days of life</i>
Nutrition	<i>eating healthy to have a healthy body</i>
Postnatal	<i>after birth</i>
Post Neonatal	<i>between day 29 through 365</i>
Premature/Preterm	<i>a baby born before the 37th week of pregnancy</i>
Prenatal	<i>before birth</i>
Very Low Birth Weight	<i>a baby born weighing less than 1,500 grams (3 lb. 5 oz.)</i>



What is Baby Spacing?

What is Baby Spacing?

It would be helpful to begin this session with a discussion of the benefits of baby spacing. Discuss the definition and emphasize the key concepts below.

[Baby Spacing](#) is planning pregnancies with the best amount of time between births to maximize the health of both the mother and baby.

Key Concepts

- 1 Baby Spacing determines the best time to have another child.
- 2 When women give birth in less than two year intervals, the baby has an increased risk of being born with a low birth weight or prematurely.
- 3 A mother needs to take this time between pregnancies for her body to recover and to adjust to lifestyle changes after having a baby.
- 4 The importance of waiting two years between births will give the mother more time to bond with her new baby.
- 5 The importance of family planning.

Concept Mastery

- 1 Explain two benefits of baby spacing (See pg. 20)
- 2 Identify at least two contraceptive choices (See pg. 18)
- 3 Understand the Medicaid Family Planning Waiver and guidelines (See pg. 16)
- 4 Identify community resources (See Handout)



Module One: Baby Spacing Activities

	Rationale	Materials	Procedure	Discussion
Activity	<p>Baby Spacing Considerations</p> <p>Through discussion, participants will determine the benefits and risks associated with baby spacing.</p>	<ul style="list-style-type: none"> Blank baby spacing consideration grid self adhesive answer options 	<p>Provide each participant with a blank grid and a complete set of adhesive answer options. Ask participants to place the answer options in the correct spaces on the grid. Follow up with a discussion about the benefits of baby spacing.</p>	<ul style="list-style-type: none"> What are the benefits of baby spacing? What are the potential risks of baby spacing?
	<p>Contraceptive Choices</p> <p>Participants will identify and describe different contraceptive choices and discuss appropriate contraceptive usage.</p>	<ul style="list-style-type: none"> bag of different contraceptives Contraceptive Choices Handout 	<p>Fill a bag with different types of contraceptives. Let each participant pick out at least 2 contraceptives and explain what they are and how they may be used. Focus the discussion on different contraceptive choices and appropriate usage.</p>	<ul style="list-style-type: none"> Each participant should identify at least 2 contraceptive choices. Discuss where to obtain contraceptives and information about contraceptive choices. Discuss how to prevent STIs.



Baby Spacing Considerations Grid

		 Spacing less than 6 months after delivery	 Spacing 2 or 3 years after delivery
Baby	Benefits		
	Risks		
Mom	Benefits		
	Risks		

Are You Ready to Have Another Child?

Discuss the importance of planning in one's life to make positive changes.

- *considerations about baby spacing*
- *the use of any kind of contraceptive*
- *family size*
- *family dynamics*
- *the age of the parent(s)*
- *woman's health*
- *timing*
- *the support of a partner in having another child*
- *financial situations and health insurance*



Are you Ready to Have Another Child?

Discuss the questions (1-6) below. This discussion should help participants understand the considerations to explore when determining the best time to have another child.

1 Is This The Right Time For You To Have Another Child?

- *Do you have the time and energy an infant requires?*
- *Do you want to go back to school to get your GED or a degree?*
- *What other time commitments do you currently have? Do you help to care for an elderly relative? Do you assist other family members with child care?*
- *Are you emotionally prepared to care for another baby? Do you want this child? Will this child change your lifestyle in a way which will disrupt the running of your family?*

2 Do You Have Your Family's Support In Having Another Child?

- *Does your partner want another child?*
- *Is your marriage/relationship stable? An unstable marriage/relationship can be especially vulnerable to the stress of pregnancy.*
- *Does your family support your choice to have another child?*
- *Will family members inside and outside the home offer you assistance in caring for the new baby?*



3

How Will Another Child Affect Your Relationship With Your Partner?

- *Will the new baby take time away from you and your partner?*
- *Will your partner support you with the new baby - financially and in the daily activities?*
- *How will you and your partner spend time together after having another baby?*
- *Can your partner deal with another child in the home?*

4

Will You Be Able To Support Your New Baby And The Rest Of Your Family?

- *Do you have the financial resources and support (like income, health insurance)? You must consider the cost of food, clothes, housing and healthcare.*
- *How much will your child care costs increase?*
- *Will you be able to continue to work the same number of hours after the new baby comes?*
- *How much time will your employer allow for pregnancy and after the birth of your child? (Note: The Family and Medical Leave Act requires most employers to give employees 12 weeks of unpaid, job-protected leave following childbirth.)*



5 **Have You Considered How Your Age Will Affect Your Family Planning Choices?**

- *Age is a factor for women.*
- *If you are under the age of 18, there is a 33.4% increase in the chance of the baby dying in the first month of life compared to women 18 and over.*
- *For example, if you are 38 years old and you want three children, you may not have the luxury of spacing. This is because after the age of 29, fertility rates begin declining more rapidly making it more difficult to conceive and allow for spacing between pregnancies.*
- *The mother's health and that of the baby may be compromised if the mother is over a certain age, usually in the late 30s or above.*
- *Will you have the energy to care for a newborn, along with the other children, as well as when the baby reaches the teenage years?*

6 **Do You Have The Medical Support You Need In Order To Have A Healthy Baby?**

- *Do you have medical insurance? (If not, you may be eligible for free health care provided by the State of Florida called Florida Medicaid Family Planning Waiver)*

At this time, discuss the eligibility and guidelines for the Medicaid Family Planning Waiver.



Florida's Medicaid Family Planning Waiver

What services are covered with the Medicaid Family Planning Waiver (“the Waiver”)?

Under this program, women are provided with:

- annual physical exams including a pap smear
- birth control supplies
- pregnancy testing
- limited treatment for sexually transmitted infections
- related medicines and lab tests

Who can sign up for the Waiver?

- 1 Women who have lost full Medicaid coverage since December 1, 2006 may be eligible.
- 2 To qualify for this special Medicaid, a woman must:
 - want to have family planning services
 - not be pregnant
 - not have had a hysterectomy or tubal ligation (tubes tied)
 - have a household income less than or equal to 185% of the current federal poverty level
 - provide proof of identity and residency status

For the Medicaid Family Planning Waiver, apply to:

Women's Health Program
Florida Department of Health in Miami-Dade County
8600 NW 17 Street, Suite 200
Miami, FL 33126
Office 305-499-2232
Fax 305-470-5622
Website: www.dadehealth.org/women/WOMENwaiver

Family Health Line
1-800-451-BABY(2229)

Contraceptive Myths

Read each myth aloud to the participants. Provide time for discussion of each myth and follow-up by providing the facts associated with each myth. Start this activity by reading the following statement: We often make our birth control decisions based on stories we've heard from our friends or family. Unfortunately, not all of these stories are true. We will discuss some contraceptive myths and the truth about those myths.

MYTH *Taking Depo-Provera hormone shots as a form of birth control will make you fat.*

FACT Studies have shown that around 70% of women who use The Shot gain about 5 pounds, 20% actually LOSE weight and 10% have no change in their weight at all.

Although the Depo-Provera injection (“The Shot”) can result in weight gain because the hormone used increases appetite, this is not always the case.

MYTH *If you douche after sex, you don't get pregnant.*

FACT For over 2,000 years, women have mistakenly believed that douching with various herbal mixtures or other substances after intercourse can prevent pregnancy. These included douches made from green tea, raspberry leaf, soda or vinegar. Not only are these treatments ineffective at preventing pregnancy, douching may cause infections and pelvic inflammatory disease which can affect fertility.

MYTH *Using two condoms is an effective means of doubling your protection against STIs and getting pregnant.*

FACT The most common causes of condom failure are breakage and slipping. Using two condoms can actually increase the chance that one of the condoms will rip or slip off of the penis.

MYTH *Women cannot get pregnant if the penis does not actually enter the vagina.*

FACT Sperm deposited on the outside of the vagina can still make their way into the vagina and cause pregnancy.



Contraceptive Choices

A woman must tell her health care provider which contraceptive choice she is currently using.

Except for abstinence and the condom, these contraceptive choices do not protect you from getting a Sexually Transmitted Infection.

Intrauterine Contraception

Copper T intrauterine device (IUD)—This IUD is a small device that is shaped in the form of a “T.” Your doctor places it inside the uterus to prevent pregnancy. It can stay in your uterus for up to 10 years. **Typical use failure rate: 0.8%.**

Levonorgestrel intrauterine system (LNG IUD)—The LNG IUD is a small T-shaped device like the Copper T IUD. It is placed inside the uterus by a doctor. It releases a small amount of progestin each day to keep you from getting pregnant. The LNG IUD stays in your uterus for up to 5 years. **Typical use failure rate: 0.2%.**

Hormonal Methods

Implant—The implant is a single, thin rod that is inserted under the skin of a woman’s upper arm. The rod contains a progestin that is released into the body over 3 years. **Typical use failure rate: 0.05%.**

Injection or “shot”—Women get shots of the hormone progestin in the buttocks or arm every three months from their doctor. **Typical use failure rate: 6%.**

Combined oral contraceptives—Also called “the pill,” combined oral contraceptives contain the hormones estrogen and progestin. It is prescribed by a doctor. A pill is taken at the same time each day. If you are older than 35 years and smoke, have a history of blood clots or breast cancer, your doctor may advise you not to take the pill. **Typical use failure rate: 9%.**

Progestin only pill—Unlike the combined pill, the progestin-only pill (sometimes called the mini-pill) only has one hormone, progestin, instead of both estrogen and progestin. It is prescribed by a doctor. It is taken at the same time each day. It may be a good option for women who can’t take estrogen. **Typical use failure rate: 9%.**

Patch—This skin patch is worn on the lower abdomen, buttocks, or upper body (but not on the breasts). This method is prescribed by a doctor. It releases hormones progestin and estrogen into the bloodstream. You put on a new patch once a week for three weeks. During the fourth week, you do not wear a patch, so you can have a menstrual period. **Typical use failure rate: 9%**, but may be higher in women who weigh more than 198 pounds.

Hormonal vaginal contraceptive ring—The ring releases the hormones progestin and estrogen. You place the ring inside your vagina. You wear the ring for three weeks, take it out for the week you have your period, and then put in a new ring. **Typical use failure rate: 9%.**

Emergency contraception—Emergency contraception is NOT a regular method of birth control. Emergency contraception can be used after no birth control was used during sex, or if the birth control method failed, such as if a condom broke.

- Women can have the Copper T IUD inserted within five days of unprotected sex.
- Women can take emergency contraceptive pills up to 5 days after unprotected sex, but the sooner the pills are taken, the better they will work. There are three different types of emergency contraceptive pills available in the United States. Some emergency contraceptive pills are available over the counter.



Contraceptive Choices

Barrier Methods

Diaphragm or cervical cap—Each of these barrier methods are placed inside the vagina to cover the cervix to block sperm. The diaphragm is shaped like a shallow cup. The cervical cap is a thimble-shaped cup. Before sexual intercourse, you insert them with spermicide to block or kill sperm. Visit your doctor for a proper fitting because diaphragms and cervical caps come in different sizes. **Typical use failure rate: 12%.**

Male condom—Worn by the man, a male condom keeps sperm from getting into a woman's body. Latex condoms, the most common type, help prevent pregnancy, and HIV and other STDs, as do the newer synthetic condoms. "Natural" or "lambskin" condoms also help prevent pregnancy, but may not provide protection against STDs, including HIV. **Typical use failure rate: 18%.** Condoms can only be used once. You can buy condoms, KY jelly, or water-based lubricants at a drug store. Do not use oil-based lubricants such as massage oils, baby oil, lotions, or petroleum jelly with latex condoms. They will weaken the condom, causing it to tear or break.

Female condom—Worn by the woman, the female condom helps keep sperm from getting into her body. It is packaged with a lubricant and is available at drug stores. It can be inserted up to eight hours before sexual intercourse. **Typical use failure rate: 21%,** and also may help prevent STDs.

Spermicides—These products work by killing sperm and come in several forms—foam, gel, cream, film, suppository, or tablet. They are placed in the vagina no more than one hour before intercourse. You leave them in place at least six to eight hours after intercourse. You can use a spermicide in addition to a male condom, diaphragm, or cervical cap. They can be purchased at drug stores. **Typical use failure rate: 28%.**

Fertility Awareness-Based Methods

Natural family planning or fertility awareness—Understanding your monthly fertility pattern can help you plan to get pregnant or avoid getting pregnant. Your fertility pattern is the number of days in the month when you are fertile (able to get pregnant), days when you are infertile, and days when fertility is unlikely, but possible. If you have a regular menstrual cycle, you have about nine or more fertile days each month. If you do not want to get pregnant, you do not have sex on the days you are fertile, or you use a barrier method of birth control on those days. Failure rates vary across these methods. **Overall, typical use failure rate: 24%.**

Permanent Methods of Birth Control

Contraceptive sterilization is a permanent, safe, and highly effective approach for birth control. These methods are meant for people who are sure that they do not desire a pregnancy in the future.

The following methods have a typical use failure rate of less than 1%.

Female Sterilization—Tubal ligation or "tying tubes"—A woman can have her fallopian tubes tied (or closed) so that sperm and eggs cannot meet for fertilization. The procedure can be done in a hospital or in an outpatient surgical center. You can go home the same day of the surgery and resume your normal activities within a few days. This method is effective immediately.

Transcervical Sterilization—A thin tube is used to thread a tiny device into each fallopian tube. It irritates the fallopian tubes and causes scar tissue to grow and permanently plug the tubes. It can take about three months for the scar tissue to grow, so use another form of birth control during this time. Return to your doctor for a test to see if scar tissue has fully blocked your fallopian tubes.

Male Sterilization—Vasectomy—This operation is done to keep a man's sperm from going to his penis, so his ejaculate never has any sperm in it that can fertilize an egg. The procedure is done at an outpatient surgical center. The man can go home the same day. Recovery time is less than one week. After the operation, a man visits his doctor for tests to count his sperm and to make sure the sperm count has dropped to zero; this takes about 12 weeks. Another form of birth control should be used until the man's sperm count has dropped to zero.





Module One: Baby Spacing Research

- 1 Most experts agree that two or more years between pregnancies is recommended and three and five years is considered “optimal”.
- 2 Babies born too close together are less healthy and have an increased chance of dying in the first year of life.

Maternal Depletion Syndrome is the condition when the mother’s body does not have enough time between births to recover and is less able to nourish the baby she is carrying, possibly causing a low or very low birth weight baby.
- 3
- 4 Low and very low birth weight babies are at risk for:
 - *developing intestinal problems leading to feeding difficulties, abdominal swelling and other complications*
 - *RDS (Respiratory Distress Syndrome) causing the baby to have breathing problems*
 - *mental retardation*
 - *cerebral palsy*
 - *impairment in lung functions, sight and hearing*
- 5 Research has shown better outcomes for both the new baby’s health and the mother’s own health by waiting 24 months after the birth of the last child.
- 6 Babies conceived *less than six months* after the birth of a previous child are 40 percent more likely to be born prematurely or under-weight.
- 7 At the same time, women must be aware that beginning at age 29, as age increases fertility declines, making it harder for some women to get pregnant.



8

Baby Spacing is equally important to the mother's health. Research has shown that women who space their pregnancies more than 27 months apart are less likely to suffer the following medical complications:

- *third-trimester bleeding, including when the placenta is in the lower uterus and bleeds*
- *spotting or bleeding, regardless of location*
- *premature rupture of the membranes (tearing of the amniotic sac surrounding the fetus)*
- *anemia*
- *infection of the uterus after pregnancy*
- *pregnancy-induced hypertension and high levels of protein in urine*
- *convulsions or seizures with pregnancy-induced hypertension and high levels of protein in urine*
- *gestational diabetes²*

9

When the time between births is too short, other children already in the household can face challenges:

- *The mother, who needs to rest and recover from her delivery, has instead to care for two very young children. The older child might not receive enough care and attention.*
- *Children need to be supported during in their early developmental stages (first years of life).*
- *If a mother quickly becomes pregnant again, she may wean her young child too soon. Breast milk helps protect young children against disease.*
- *When breast-feeding is stopped too soon, the child may become ill more frequently.*

Endnote Citations

"Family Planning: Get the facts about pregnancy spacing," The Mayo Clinic, 2014





Community Resources

Organization/Agency	Services Provided	Contact Information
Early Childhood Initiative Foundation Teach More/Love More	Parenting Resources	305-631-8111 teachmorelovemore.org
Early Learning Coalition of Miami-Dade Monroe	Subsidized Childcare	305-646-7220 elcmdm.org
Employ Florida Marketplace	Employment Opportunities	866-FLA(352)-2345 employflorida.com
Florida Department of Children and Families	Wages and Food Stamps	866-762-2237 myflorida.com/accessflorida
Florida Department of Health in Miami-Dade County	Information/Referrals	305-324-2400 dadehealth.org
Florida KidCare	Health Insurance	888-540-5437 floridakidcare.org
Healthy Start Coalition of Miami-Dade	Pre/Post-Natal Education	305-541-0210 hscmd.org
HUD (Department of Housing & Urban Development) Jackson Health System/Public Health Trust	Housing Information Health Care	305-536-4456 305-585-1111 jacksonhealth.org
Planned Parenthood	Family Planning, Birth Control, STD Testing, Well Woman, Gyn Care Social Security Cards, Information	800-230-PLAN (7526) plannedparenthood.org
Social Security Administration	Social Security Cards, Information	800-772-1213 ssa.gov
The Children's Trust HELPLINE	Information/Referrals	211 or 305-631-4211 thechildrenstrust.org
WIC (Women, Infants, and Children) Women's Health Program Florida Department of Health in Miami-Dade County	Nutrition Program Family Planning Waiver	786-336-1300 786-336-1437

Module One: Baby Spacing References

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Health & Wellness

Interconceptional Education Training Manual

Taking Care of Your Health

Breast Health

Breastfeeding

Maternal Infections

Sexually Transmitted Diseases

Chronic Health Problems

Oral Health Care

Environmental Risk Factors

Health Literacy



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Key Words

Word	Definition
<i>Acquired Immune Deficiency Syndrome (AIDS)</i>	<i>a condition caused by a virus called HIV when the body can't fight off infection</i>
Oral Health	<i>preventing oral infection by brushing and flossing properly twice daily and visiting the dentist twice a year for cleaning</i>
Douching	<i>inserting a bottle with liquid in the vagina to clean it. This is not recommended at all; it can cause vaginal infections.</i>
<i>Human Immunodeficiency Virus (HIV)</i>	<i>a virus which attacks the body's immune system</i>
Mammogram	<i>a test which uses a machine to check the breast for cancer; this test should be started at age 40 or earlier if there is a family history of breast cancer</i>
Pap Smear	<i>a standard pelvic screening test for women which detects cervical cancer; this test is recommended yearly</i>
Sexually Transmitted Infections (STIs)	<i>an infection passed from person to person through intimate sexual contact. STIs are also called sexually transmitted diseases, or STDs.</i>
Ultrasound	<i>a machine using painless ultrasound waves to scan the baby during pregnancy looking at development and growth of the fetus/baby</i>



Health and Wellness

What is Health?

It would be helpful to start this session by discussing the importance of health care and access to health care providers. The important concepts to include in your discussion are below.

Key Concepts

- 1 Health Literacy: an individual's ability to read, understand, and use health care information to make effective health care decisions and follow instructions for treatment
- 2 Understanding the importance of yearly physicals and well-woman exams
- 3 Types of maternal infections
- 4 The benefits of breastfeeding
- 5 The importance of oral health care
- 6 Prevention of sexually transmitted diseases
- 7 Awareness of environmental risks and the outcomes of pregnancy

Concept Mastery

- 1 Describe the importance of yearly physicals, well-woman exams and pap smears (See pgs. 26-27)
- 2 Understand the importance of breast self-exams (See pg. 26)
- 3 List at least three ways to prevent maternal infections (See pg. 29)
- 4 List at least two common chronic illnesses (See pgs. 31-32)
- 5 Describe the importance of oral health care (See pg. 33)
- 6 Identify some environmental risks (See pg. 34-35)
- 7 Identify and access health care providers in the community (See pg. 40)



Are You Taking Care of Your Health?

All women should be taking care of their health by having regular physical check-ups which may include:

- a breast exam
- a pelvic examination and a pap smear
- a mammogram (after age 40)

Breast Awareness

- A woman can notice changes by knowing how her breasts normally look and feel, and feeling her breasts for changes.
- Women should report any new breast changes to a health professional as soon as they find out.
- Finding a breast change does not necessarily mean there is a cancer.
- Women may choose to use a step-by-step approach (with a Breast Self-Exam) and use a specific schedule to examine their breasts.

Some symptoms of concern are:

- A hard lump or thickening in any part of the breast
- Any changes in the appearance of the skin of the breast like swelling or redness or dimpling
- Unusual pain or a sudden change in size of the breast
- Scaliness or dryness of the nipple
- Newly inverted or flattened nipples or discharge from the nipple

Contact your health care provider if you feel a lump that is painless, non tender and movable, if the skin is unusually dimpled or retracting or if you notice changes in the appearance of your breast.

Provide handout and perform model demonstration
How to Do a Breast Self-Examination



What is a pelvic exam and pap smear?

A pap smear is a standard screening test that all women should have. As part of a routine check-up, every woman should be given a pelvic examination. A pap smear will be taken as part of the pelvic examination and is used to detect:

- *the presence of abnormal cells in the cervix which may be pre-cancerous*
- *cervical infections and inflammation*
- *testing may also be done for STDs - early detection necessary to avoid serious health problems for women at risk. This includes women that have unprotected sex or multiple partners*

Why should you avoid douching?

Anytime you insert any liquid into the vagina for rinsing or cleansing purposes, the chances of obtaining more vaginal infections increases. When trying to clean the vagina, it is recommended to wash the outside area using a mild soap or vaginal wipes.

What is a mammogram?

A mammogram is a breast exam using a machine which scans the breast and the inside of the breast at low radiation waves. The images come out on X-ray films and can be looked at by the physician. Mammogram screening can result in breast cancer being detected in early development.

What is an ultrasound?

Tumors or cysts of the breast are easily seen using an ultrasound. The ultrasound uses quick, painless ultrasound waves and does not expose the tissue to any radiation. It is the same machine as when the doctor looks at the baby while being pregnant.



Benefits of Breastfeeding

Discuss with the participants the benefits of breastfeeding.

Breastfeeding: Baby is fed the mother's breast milk. Human breast milk provides the optimal nutrition for human infants.

There are many advantages to breastfeeding, not only for the baby but also for the mother.

- *Breastfeeding may prevent breast cancer or ovarian cancer for the mother later in life*
- *Women who breastfeed tend to lose five more pounds after delivery than women who do not.*
- *Breastfeeding saves money and preparation time.*
- *Breastfeeding helps the uterus return to its original size and lessens bleeding after birth.*
- *Breastfeeding reduces the risk of infections for the baby.*
- *Breastfeeding provides a special time for you and your baby to bond.*
- *Breastfeeding hormones have a calming, stress-reducing effect.*
- *Breast milk is always ready. There is not wait for mixing or heating, and no bottle to clean after each feeding.*
- *Breastfed babies have a decreased risk for Sudden Infant Death Syndrome (SIDS).*
- *New research indicates that women who have breastfed have less risk of developing osteoporosis later in life.*

Classes are available to instruct mothers on how to breastfeed and health care providers can be another useful resource in breastfeeding education.

Family Health Line 1-800-451-2229
Women Infants and Children (WIC) 786-336-1336
LaLeche League Breastfeeding Helpline 877-4-LALECHE (452-5324)



Maternal Infections

■ Urinary Tract Infection (UTI/Bladder Infection)

- *A bladder infection is an inflammation of the urinary tract which can cause burning and frequent urination. This can lead to more serious infections of the kidneys.*
- *Steps to reduce the risk of UTIs:*
 - Drink plenty of liquids, especially water.*
 - Wipe from front to back.*
 - Empty your bladder soon after intercourse.*
 - Avoid potentially irritating feminine products.*

■ Bacterial Vaginosis (BV)

- *BV is an infection of the vagina usually caused by an overgrowth of bacteria that are normally found in the vagina.*
- *Women with BV are more likely to get pelvic inflammatory disease.*
- *Women who douche get more BV infections.*

■ Measles, Mumps, Rubella, Cytomegalovirus (CMV), Toxoplasmosis and Varicella (Chicken Pox)

- *During pregnancy, these infections can affect a developing embryo or fetus by causing birth defects or miscarriage.*
- *Pregnant mothers and newborns may have a blood test that screens for these and other infections.*
- *Vaccinations are available for measles, mumps, rubella (MMR vaccine) and varicella. It is important that vaccinations are up to date prior to pregnancy.*

■ Group B Strep

- *A bacteria that is often present in the vagina.*
- *The woman is usually without symptoms. However, this bacteria can be passed on during childbirth and can make the baby very sick.*
- *Cultures should be done to detect this bacteria during pregnancy. If it is present, the mother may be treated with antibiotics during labor.*



Sexually Transmitted Infections

What are Sexually Transmitted Infections (STIs)?

Also known as Sexually Transmitted Diseases (STDs), they are infections that can be spread during vaginal, anal or oral sex with an infected person.

- Through body contact during vaginal, anal or oral sex.
- To the eye by a hand or other body part moistened with infected fluids.

Avoid exposure by:

- ALWAYS using a condom during vaginal, anal or oral sex

STI Treatments:

If you think you have been exposed to an STI, see your health care provider to be tested and begin treatment.

Bacterial Infections

Examples: Gonorrhea, Syphilis, Chlamydia

Treatment: antibiotics, but damage can be permanent.

Viral Infections

Examples: Herpes, HIV, Hepatitis B, and Human Papillomavirus (HPV)

Treatment: No cure for viral infections, treatment to control symptoms. Vaccine available for Hepatitis and HPV.

HPV is the main cause of cervical cancer in women. The HPV vaccine works by preventing the most common types of HPV that cause cervical cancer and genital warts. CDC recommends that all 11 or 12 year old girls get the 3-dose vaccine. Girls and young women ages 13 through 26 should get HPV vaccine if they have not received any or all doses when they were younger. The vaccine produces higher antibody that fights infection when given at this age compared to older ages.



Chronic Health Problems

■ Asthma ■ Diabetes ■ Hypertension

■ Asthma

Asthma is a condition that affects the airways - the small tubes that carry air in and out of the lungs.

Why do people get Asthma?

Asthma can start at any age. It is difficult to say for sure what causes asthma.

■ Diabetes

- *A disease in which the body does not produce or properly use insulin. Insulin is a hormone that is needed to convert sugar, starches and other food into energy needed for daily life.*
- *Gestational diabetes is a type of diabetes that only pregnant women get causing problems for mothers and babies.*

You may have an increased risk of developing diabetes if:

- *You have a family history of diabetes*
- *You are obese*
- *You are of Hispanic or African American descent*



■ Hypertension (High Blood Pressure)

- *The pressure your blood exerts against your blood vessel walls as your heart pumps*
- *If blood pressure is too high, it can damage the blood vessels raising the risk of stroke, kidney failure, heart disease and heart attack*
- *Chronic hypertension can increase the risk of a woman's developing pre-eclampsia (previously known as toxemia) in pregnancy*

Healthy Habits To Prevent Chronic Health Problems

- *Maintain a healthy diet which includes plenty of fruits, vegetables and low fat dairy products*
- *Reduce salt intake*
- *If you drink, limit consumption of alcoholic beverages*
Alcohol should not be consumed if a woman thinks she may be or is actually pregnant or breastfeeding
- *Do 30 minutes of daily physical activity*
- *Quit smoking*
- *Ask your doctor what your blood pressure numbers are and ask what they mean*
- *If you are taking prescribed medication - take it exactly as your doctor instructs*
- *Maintain a healthy weight for your height to prevent obesity*
- *Visit your medical professional regularly*



Oral Health Care

Maternal Oral Health not only affects an infant's future health but also the infant's overall health. Gum Disease has been linked to pre-term labor. Gum Disease increases bacteria in a woman's mouth which can be passed on to a baby. This contributes to low birth weight babies and pre-mature deliveries¹.

Routine dental care should include:

- *Visiting a dental professional every 6 months for professional cleanings and oral exams*
- *Brushing at least twice daily with a soft bristle brush*
- *Flossing daily*
- *Replacing your toothbrush every three or four months or after an illness*
- *Getting professional care for problems with your gum tissue such as bleeding gums, bad breath, red or swollen gums*
- *Don't share your toothbrush*

Failure to maintain proper dental hygiene can lead to Gingivitis. This is the inflammation of gum tissue which can cause loss of bone, gum recession, and possible loss of teeth if untreated.

Protecting Your Child's Tiny Teeth

It is important to teach children good dental habits at an early age. The bedtime bottle with milk or juice inside could lead to major dental decay. If baby teeth are lost too early because of tooth decay or improper tooth care, the child can develop problems such as:

- *Poor appetite*
- *Speech problems*
- *Crooked or crowded permanent teeth*
- *Damaged permanent teeth*

Model demonstration of proper brushing and flossing

1. Guideline on infant oral health care: American Academy of Pediatric Dentistry (AAPD), 2011



Environmental Risk Factors

■ Lead & Mercury ■ PCBs ■ Pesticides ■ Carbon Monoxide

■ Lead & Mercury

Exposure: Ingestion

- *Lead*
 - Lead is found in old paints, contaminated water and dirt.
 - High lead levels can cause learning and behavior disorders, lower IQs and attention problems in children
- *Mercury*
 - Mercury is found in tuna and swordfish.
 - Women should limit their consumption of these foods during pregnancy.
- *For both Lead and Mercury*
 - Increased risk of spontaneous abortion, miscarriage, birth defects and cerebral palsy

■ PCBs (Polychlorinated biphenyls)

Exposure: Ingestion

- *PCBs are oils that are used in the electrical industry.*
- *The most common source of PCBs is through contaminated foods.*
- *PCBs can cause low birth-weight, eye abnormalities, hypertension, low IQ, and motor and cognitive delays.*



■ **Pesticides**

Exposure: Inhalation, Ingestion or Absorption through the skin

- *Pesticides may cause miscarriage, premature birth, birth defects.*
- *Pesticides can cause a person to stop breathing.*

■ **Carbon Monoxide**

Exposure: Inhalation

- *Carbon monoxide is a colorless, odorless, tasteless toxic gas*
- *Carbon monoxide comes from motor vehicle exhausts, heaters and generators.*
- *Exposure can affect multiple organs but especially the central nervous and cardiovascular systems*
- *Symptoms include: headache, lethargy, nausea, vomiting and irritability.*
- *Carbon Monoxide exposure can lead to a coma, death or effects on mental status*



Health Literacy

How to get the most from your health care visit.

Do you understand all of the instructions that your doctor gives you?

- *Patients often misinterpret or do not understand medical information given to them. This lack of understanding can lead to medication errors, missed appointments and adverse medical outcomes.*
- *Make sure that you understand how often you are required to take your medication and whether or not you should take with certain foods and that you ask for any side effects on the prescribed medication.*

Encourage your clients to use behaviors that improve communication with their medical provider.

- *Review medical terms that patients may not understand.*
- *Ask questions. Make a list of questions before visiting your doctor.*
- *Take along a friend or family member.*
- *Take all of your medicines to each doctor visit including vitamins and minerals.*
- *Explain or demonstrate recommended treatment.*
- *Ask the doctor to draw pictures for understanding.*





Module Two: Health & Wellness Research

1

Breast cancer is the most common cancer among women and accounts for one in every three cancer diagnoses in the United States - one out of eight women is expected to be diagnosed with breast cancer sometime during her life. Early detection and treatment are keys to survival and monthly breast exams and yearly mammograms are recommended after a certain age¹.

2

There are many advantages to breastfeeding, not only for the baby but also for the mother².

- *Helps get the uterus back to its original size and lessens bleeding after birth*
- *Prevents against breast cancer and ovarian cancer later in life*
- *Women who breastfeed tend to lose five more pounds than mothers who do not*
- *Releases hormones to help reduce stress*
- *Saves money and preparation time*
- *Classes are available from Healthy Start or Women, Infants and Children (WIC) to instruct mothers on how to breastfeed and health care providers can be another useful resource in breastfeeding education.*

3

The American Cancer Society (1-800-227-2345), as well as Healthy Start coordinators, can assist participants in providing resources to help with smoking cessation assistance.

4

It is important to realize that limited understanding of health concepts and health information is not solely a problem for people with low literacy skills. This is due to the fact that doctors use vocabulary and concepts unfamiliar to those who do not have a medical education³.

- *26% did not understand when their next appointment was scheduled.*
- *42% did not understand instructions to “take medication on an empty stomach”.*
- *86% could not understand the rights and responsibilities section of a medicaid application.*

Endnote Citations

1. “What You Need to Know ABOUT Breast Cancer” National Cancer Institute, 2012
2. “Your Guide to Breastfeeding” U.S. Office on Women’s Health, 2011
3. “Simply Put: A guide for creating easy-to-understand materials” Centers for Disease Control and Prevention, 2009



Module Two: Health & Wellness Research

Common Sexually Transmitted Infections Facts

Women should schedule a Well Woman visit with their care provider for early detection and treatment

Chlamydia • Most Common STD among US teens • Infects the vagina, cervix, fallopian tubes, anus, urethra or eye • Symptoms: pain in the abdomen, pain during intercourse, a burning feeling when urinating or redness, most commonly asymptomatic, may infect baby's eyes.

Genital Herpes • Many people carry the genital herpes virus but have no symptoms • Initial symptoms: a tingling or itching in the genital area, followed by vaginal discharge, pain or soreness in the groin area • Secondary symptoms: small, red bumps may appear at the point where the virus entered the body. These bumps turn into open sores which can burst and be quite painful. May be asymptomatic.

Gonorrhea (“The Clap”) • Infected mother can pass the germ on to her baby's eyes during birth, possibly causing a serious eye infection • Maternal symptoms: pain in the abdomen, pain during intercourse, a burning feeling when urinating or redness, or discharge.

Hepatitis B • A virus that infects the liver • Contract by having unprotected sex or sharing needles or personal items such as razors, toothbrushes and nail clippers with someone who is infected • Infected mother can pass the virus on to her baby • Symptoms: loss of energy, loss of appetite, fever, yellowing of the skin or eyes, dark-colored urine, diarrhea and nausea. May be asymptomatic. There is a vaccine.

HIV and AIDS • AIDS stands for Acquired Immune Deficiency Syndrome and is caused by HIV (Human Immunodeficiency Virus) • HIV attacks the body's immune system, mostly white blood cells (or T-cells). • White blood cells fight infection and protect your body from disease. If your white blood cell count becomes too low, your body loses its ability to fight off infection and you can get sick easily • Common infections contracted by people with HIV that rarely affect people with healthy immune systems are Kaposi Sarcoma (KS), a rare type of skin cancer, and a type of pneumonia called (PCP). • Contracted by having

unprotected sex or sharing needles or from mother to baby • Most people who contract HIV do not get symptoms for years and thus, do not know that they are infected • The sooner you seek treatment, the better your chances of preventing HIV from developing into AIDS • GET TESTED

Human papilloma virus (HPV) • Can cause genital warts and cervical lesions • Can cause changes in the cells of your cervix (the opening to the uterus). These changes can sometimes lead to cervical cancer if they are not detected early enough • THE MOST IMPORTANT MEANS OF EARLY DETECTION IS A YEARLY PAP SMEAR!

Oral Herpes • Almost 90 percent of Americans will have oral herpes in the form of cold sores at some point in their life • Can be spread through touching, kissing or sexual contact • Usually appears on the lips or inside the mouth as “cold sores” • Can be dangerous to a newborn.

Pelvic Inflammatory Disease (PID) • Extremely painful • an infection of the reproductive organs (the fallopian tubes, uterus, and ovaries) • Scar tissue formed in the fallopian tubes can cause fertility problems or a tubal pregnancy as the blocked fallopian tubes prevent the fertilized egg from reaching the uterus.

Pubic Lice or “Crabs” • Tiny insects that live on the skin that have tiny claws that they use to hang on to pubic hair • Usually spread through sexual contact • Also can come into contact via unwashed bed linen, clothes or towels of an infected person • Look like small scabs to the naked eye and their eggs look like little white dots stuck to the pubic hair. Symptoms: itchiness.

Syphilis • Infected pregnant mothers can pass it on to their babies • Symptoms: a painless round sore which will appear where the bacteria first entered the body • If left untreated, the bacteria can cause mental illness, blindness, heart disease, paralysis or brain damage.





Community Resources

Organization/Agency	Services Provided	Contact Information
American Cancer Society	Smoking Cessation Assistance	1-800-227-2345
American Lung Association	Smoking and Health Concerns	1-800-586-4872
Early Childhood Initiative Foundation Teach More/Love More	Parenting Resources	305-631-8111
Florida Department of Health	Facts About STDs	1-800-352-2437
Healthy Start Coalition of Miami-Dade	Pre/Post Natal Education	305-541-0210 hscmd.org
Jackson Health System/Public Health Trust	Health Care	305-585-1111
LaLeche League International	Breastfeeding, Support Groups	1-800-525-3243 lalecheleague.com
Florida Department of Health Miami-Dade County	Women's Health Concerns	305-324-2400
The Children's Trust HELPLINE	Information/Referrals	211 or 305-631-4211
Poison Control Center	Information and emergency treatment advice	1-800-222-1222
WIC (Women, Infants, and Children)	Breastfeeding/Dental Care Information	786-336-1300
Planned Parenthood	Family Planning, Birth Control, STD Testing Well Woman, Gyn Care	1-800-230-PLAN (7526)

Module Two: Health & Wellness References

“A Lifetime of Good Health: Your Guide to Staying Healthy.” U.S. Department of Health and Human Services, Office of Women’s Health, 2011

“Guideline on infant oral health care” American Academy of Pediatric Dentistry, 2011

“Reported STDs in the United States.” Centers for Disease Control and Prevention, January 2014

“Sexually Transmitted Infections (STIs) Health Snapshot,” U.S. Office on Women’s Health, 2009

“Simply Put: A guide for creating easy-to-understand materials” Centers for Disease Control and Prevention, 2009

“The Surgeon General’s Call to Action to Support Breastfeeding.” U.S. Department of Health and Human Services, 2011

“The Surgeon General’s Call to Action to Promote Healthy Homes.” U.S. Department of Health and Human Services, 2009

“What You Need to Know ABOUT Breast Cancer” National Cancer Institute, 2012

“Women and Diabetes.” American Diabetes Association, September 2013

“Your Guide to Breastfeeding” U.S. Office on Women’s Health, 2011



Nutrition & Physical Activity

Interconceptional Education Training Manual

MyPlate

Iron, Calcium, and Folic Acid

Body Mass Index (BMI)

Benefits of Physical Activity

Obesity

*Eating Disorders: Anorexia, Bulimia,
and Binge Eating*

Water



**Healthy Start Coalition
of Miami-Dade**

7205 NW 19th Street • Suite 500
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305-541-0210 • www.hscmd.org

Key Words

Word	Definition
Anorexia Nervosa	<i>a serious, chronic, and life-threatening eating disorder where the affected person refuses to maintain minimal body weight within 15 % of a normal weight for height and age. It involves a false self-image</i>
Binge Eating	<i>excessive amount of eating in a small period of time</i>
Body Mass Index	<i>a weight to height ratio used as an indicator for obesity and underweight</i>
Bulimia	<i>a serious and possibly fatal eating disorder of a repeated cycle of out-of-control eating followed by some form of purging (ie. vomiting, laxatives or excessive exercise)</i>
Calcium	<i>a mineral that gives strength to your bones and teeth, helps the function of nerves and muscles, prevents blood clotting and may help control blood pressure</i>
Folic Acid	<i>important vitamin for women before and during pregnancy to reduce the risk of birth defects; also important for reducing the risk of heart disease and certain types of cancer</i>
Iron	<i>a mineral that builds red blood cells, muscle protein and healthy bones, it helps the blood cells carry oxygen needed for energy and boosts the immune system</i>
MyPlate	<i>a guide (formerly known as MyPyramid) showing that by consuming food and exercising you can meet your nutrient needs</i>
Nutrition	<i>eating healthy to have a healthy body</i>
Obesity	<i>a chronic condition where there is too much body fat making the person at risk for many health conditions, like diabetes and hypertension</i>
Physical Activity	<i>movement of the body in a way which burns calories; ie. mopping, ironing, vacuuming, walking</i>
Pica	<i>eating non-food items; ie. ice, clay, dirt or starch</i>



Nutrition & Physical Activity

It would be helpful to begin this session with a discussion of nutrition and physical exercise. Discuss the definitions and emphasize the key concepts below.

Nutrition is eating healthy to have a healthy body.

Physical Activity is movement of the body in a way which burns calories; ie. mopping, ironing, vacuuming, walking.

Key Concepts

- 1 | MyPlate emphasizes daily variety of food choices for good health.
- 2 | The importance of getting enough iron, calcium, and folic acid daily.
- 3 | Body Mass Index (BMI) is the ratio of your weight and height.
- 4 | Regular physical activity can improve health and reduce the risk of potential health problems.

Concept Mastery

- 1 | Identify two foods that contain iron, calcium, and folic acid. (See pgs. 52, 53)
- 2 | Explain how physical activity can improve health. (See pg. 49)
- 3 | Show usage of the BMI for charting personal body mass. (See pg. 48)
- 4 | Discuss causes of obesity and ways to prevent obesity. (See pg. 50)
- 5 | Name two types of eating disorders. (See Keywords, pg. 51)
- 6 | Identify community resources. (See Handout)



MyPlate

Discuss with the participants the importance of maintaining a healthy lifestyle of proper eating habits and exercise.

MyPlate, which was introduced in 2011, allows people to choose a healthier lifestyle by balancing nutrition and exercise. It illustrates five food groups that are the building blocks for a healthy diet.

This information can be accessed on line at www.ChooseMyPlate.gov

Discuss the following five categories with the participants:

- *Fruits*
- *Vegetables*
- *Meat/beans*
- *Grains*
- *Milk or Milk Products*

It is suggested to always read the labels on foods to check for portion size, calories per serving and nutritional contents.



Iron, Calcium, & Folic Acid

Explain the importance of taking daily calcium, iron and folic acid to maintain a healthy body.

What is Iron?

- *A mineral that helps to build red blood cells, muscle proteins and healthy bones*
- *During the teenage years, the body's need for iron increases when a woman/ girl begins menstruating*
- *Women, due to menstruation, need more iron*
- *Some women develop iron-deficiency anemia because of pregnancy, heavy monthly menstrual periods or a diet low in iron*

What is Calcium?

- *A mineral that strengthens bones and teeth*
- *The main substance in bone*
- *Necessary for many of the body's functions, such as blood clotting, and the proper function of nerves and muscles*
- *Additional calcium is needed for females between the ages of 9-18 and during pregnancy*
- *Your bones store calcium so that your skeleton will remain strong later in life. If your body does not get the calcium it needs from your diet, it takes calcium from the only source that it has: your bones. This can lead to osteoporosis later in life. Osteoporosis can cause brittle bones, an increased risk for broken bones, shortened height due to collapse of spinal bones, and an increased chance of a hunched back*



What is Folic Acid?

All women of childbearing age MUST take folic acid (or folate) every day. Folic Acid is a B vitamin that, if taken daily, can help prevent some birth defects of the brain and spine like spina bifida, or “open spine”

- *All women of childbearing age should take a multi-vitamin containing 400 micrograms of folic acid*
- *About half of all pregnancies are unplanned. That’s why you need folic acid if there’s any chance you could get pregnant. By the time you realize you are pregnant, your baby’s brain and spine are already formed.*



What is Body Mass Index?

Share with the participant the Body Mass Index chart and explain how the chart is used to measure their right weight for their height.

- *The Body Mass Index (BMI) is a chart which measures a person's correct weight for their height.*
- *It does not take into account a person's age, gender, race or percentage of body fat.*
- *The chart should be used as a guide along with the advice of a health care provider.*



The Many Benefits of Physical Activity

Ask the participant if they are currently exercising and how much. Discuss the importance of maintaining a healthy body through healthy eating habits and regular physical activity.

- *Physical activity on a regular basis will help you feel vigorous and healthy, giving you more energy throughout the day.*
- *Always get the approval of a health care provider before beginning a new exercise program.*
- *Adults should also do muscle-strengthening activities*
- *Regular physical activity, approximately five times a week for 30 minutes, will:*
 - strengthen your muscles
 - help control your weight
 - reduce stress
 - help you sleep better at night
 - prevent constipation and hemorrhoids
 - improve circulation which prevents varicose veins and leg cramps
 - reduce back pain
 - help improve breathing
- *There are many types of physical activities like ironing, vacuuming, dancing, playing sports, cleaning and walking*

Water is essential

It is recommended that the normal adult drink eight 8-ounce glasses of water each day. During physical activity, it's best that fluids be taken every 20 minutes. Drink plenty of water before and after exercising because thirst is not always a good indicator that the body needs fluids. One of the best ways to recognize a lack of fluids in the body is the color of one's urine.

Light to clear urine indicates proper water intake.



Obesity

Discuss the definition of obesity and stress the many factors that contribute to obesity.

■ **Obesity**

A chronic condition where there is too much body fat making the person at risk for many health concerns like diabetes and hypertension

- *An obese person has excessive body fat*
- *Obesity increases risk for serious health problems, ie. hypertension, heart disease, diabetes, and some forms of cancer*
- *People gain weight when the body takes in more calories than it burns off*

■ **Family History**

Obesity can run in the family. Many families eat the same foods, have the same habits, and tend to think alike regarding weight issues. Obesity can become part of your family's history and continue from generation to generation.

- *A healthy environment (home, work, school, or beyond) promotes healthy weight, eating and exercise habits.*

■ **Behavior**

Lack of physical activity can cause obesity, as well as eating habits such as:

- *eating large food portions*
- *fried foods*
- *junk/fast foods*





Module Three: Health & Physical Activity Research

1

There are approximately seven million American women, each year, who are affected by eating disorders², especially during child bearing year. Anorexia Nervosa, Binge Eating, and Bulimia can cause the following:

- *Estimated 10 to 20% of people will die from complications*
- *Muscle weakness*
- *Depression*
- *Fatigue*
- *Irregular menstruation*
- *Skin problems*
- *Dehydration*
- *Irregular heartbeats*
- *Hair loss*
- *Stomach pains*
- *Kidney and liver damage*
- *Constipation*
- *Cardiac arrest*

2

Pica is a condition thought to be due to a mineral deficiency. Some women experiencing Pica have reported craving dirt, clay, laundry detergent, and ice chips¹.

3

There are 13 vitamins that your body needs: A, D, E, K, C and the eight B vitamins. A, D, E, and K are fat-soluble, which means they stay in the body until you need them. B and C vitamins are water-soluble. They are used by the body right away and what is not used is excreted in urine or feces. All these vitamins can come from the food you eat. Sunlight on your skin can help produce vitamin D. Your body can also make vitamin K.

Endnote Citations

1. "Pica" U.S. National Library of Medicine, 2012
2. "Eating Disorders" National Institute of Mental Health, 2011



Important Vitamins & Minerals Reference Guide

There are 13 vitamins that your body needs: A, D, E, K, C and the eight B vitamins.

Vitamins	Functions and Benefits	Some Good Food Sources
Folic Acid	<i>Prevents birth defects when taken before and during pregnancy.</i>	• Cooked, dry beans • Peas, peanuts • Oranges, orange juice • Dark green leafy vegetables • Fortified cereals • Enriched grain products
Vitamin A	<i>Needed for healthy skin, hair, sight, growth, and development.</i>	• Fortified cereals with Vitamin A • Mango, cantaloupe, apricot • Green vegetables • Carrots, sweet potatoes, pumpkin • Liver • Dairy products, like milk
Vitamin C	<i>Keeps your gums and teeth strong and healthy and helps the body absorb iron.</i>	• Fruits and vegetables like; Strawberries, grapefruits, oranges, melons, mangos, broccoli, bell peppers, tomatoes, Brussels sprouts, cauliflower, spinach
Vitamin D	<i>Builds strong bones.</i>	• Fortified cereals • Fortified milk • Fatty fish
Vitamin E	<i>Protects cells in the body.</i>	• Nuts like almonds, hazelnuts, sunflower seeds • Vegetable oils
Vitamin K	<i>Clots blood, builds protein, and regulates the blood calcium.</i>	• Dark green vegetables • Soybean and canola oil
Vitamin B1 (Thiamin)	<i>Keeps the nervous system healthy and is needed for energy metabolism.</i>	• Fortified cereals • Whole-grain breads • Enriched grain products • Rice • Beans • Nuts
Vitamin B2 (Riboflavin)	<i>Gives the body energy and helps normal growth of body tissues.</i>	• Almonds • Dairy products • Avocados • Fortified grain products • Dark green vegetables
Vitamin B3 (Niacin)	<i>Breaks down food to give the body energy.</i>	• Fortified cereals • Meat and fish • Peanuts and peanut butter • Whole grain products
Vitamin B6	<i>Helps the brain function right. Helps the body build proteins to grow and develop.</i>	• Poultry, fish, pork, beef • Nuts, beans • Eggs • Vegetables • Bananas, avocados • Fortified cereals
Vitamin B12	<i>Promotes normal growth and development and helps make red blood cells.</i>	• Animal sources like: salmon, trout, beef, poultry, milk, cheese, eggs • Fortified cereals
Pantothenic Acid	<i>Needed for energy metabolism.</i>	• Peas • Starchy beans like pinto, black and navy beans • Fortified cereals
Biotin	<i>Needed for energy metabolism.</i>	• Egg yolk, liver

Important Minerals	Functions and Benefits	Some Good Food Sources
Calcium	<i>Builds strong bones and teeth.</i>	<ul style="list-style-type: none"> • Milk, yogurt, cottage cheese • Canned sardines • Fortified cereals and juices • Fortified soymilk and tofu • Dark green leafy vegetables
Iron	<i>Helps red blood cells carry oxygen to different parts of the body.</i>	<ul style="list-style-type: none"> • Organ meats like liver, chicken gizzard • Beef, pork • Most vegetables with seeds in pods like beans and peas, soybeans, lima beans
Potassium	<i>Assists in muscle contraction and balances fluids in the body cells.</i>	<ul style="list-style-type: none"> • Fruits and vegetables like apricots, orange juice, bananas, tomatoes, lima beans, potatoes, plantains • Milk and yogurt
Zinc	<i>Important for normal growth and sexual development. Eyes, bones, skin, hair and nails especially need zinc.</i>	<ul style="list-style-type: none"> • Beef and other meats like turkey, fish and pork • Oysters • Whole-grain bread made with yeast • Soybeans



Community Resources

Organization/Agency	Services Provided	Contact Information
March of Dimes	Information on Vitamins	marchofdimes.org
The Renfrew Center	Eating Disorders	1-800-736-3739 renfrewcenter.com
South Miami Hospital	Health Services	786-662-4000
Switchboard of Miami	Helpline	305-358-4357 switchboardmiami.org
The Obesity Society	Obesity/Weight Concerns	1-800-974-3084 obesity.org
United States Department of Agriculture (USDA)	Nutrition Education	ChooseMyPlate.gov
WIC (Women, Infants, and Children)	Body Mass Index Calculator Women's Health Information	bmi3d.com 786-336-1300

Module Three: Nutritional & Physical Activity References

“BMI- Assessing Your Weight.” Centers for Disease Control and Prevention, August 2011

“Eating Disorders” National Institute of Mental Health, 2011

“Educator Toolkit.” National Eating Disorders Association, 2007

“MyPlate Community Toolkit.” United States Department of Agriculture, February 2012

“Physical Activity (exercise) Fact Sheet.” Office on Women’s Health. February 2009

“Physical Activity for a Healthy Weight.” Centers for Disease Control and Prevention, September 2011

“Pica” U.S. National Library of Medicine, 2012

“The Health Effects of Overweight and Obesity.” Centers for Disease Control and Prevention, December 2013

“Water: How much should you drink every day?” The Mayo Clinic. October 2011

“Weight Bias and Discrimination.” Obesity Society, April 2012



Mental Health & Substance Abuse

Interconceptional Education Training Manual

Mental Health

Baby Blues

Post Partum Depression/Psychosis

Anger and Stress Management

Domestic Violence

Substance Abuse

Drugs

Alcohol

Smoking



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Key Words

Word	Definition
Anger Management	<i>learning to deal with out of control feelings and how to manage them</i>
Baby Blues	<i>a common feeling of sadness following childbirth that typically lasts no more than a week</i>
Domestic Violence	<i>abusive behavior (emotional, physical, sexual or financial) on the part of a caregiver, parent, spouse or partner with the intention of controlling the behavior of their child or partner</i>
Environmental Health	<i>feeling safe where you work, live and play (ie. guns in the home, neighborhood crime and violence, dealing with difficulties at work)</i>
Mental Health	<i>the term used to describe your overall emotional health. A person with good emotional health has a balance between their physical, spiritual and environmental health (ie. feeling good about life, being able to express your feelings and verbalizing your thoughts)</i>
Physical Health	<i>taking care of your own body and making sure it works the best it can (ie. going to a health care provider once a year, having a Pap Smear, going regularly to the dentist, exercising three to five times a week for 30 minutes, taking daily multi-vitamins)</i>
Postpartum Depression	<i>is moderate to severe depression in a woman after she has given birth. It may occur soon after delivery or up to a year later. Most of the time, it occurs within the first 3 months after delivery.</i>
Postpartum Psychosis	<i>a rare postpartum condition which causes a woman to experience hallucinations and mood swings</i>
Spiritual Health	<i>the act of living life with honesty and in line with a spiritual belief system</i>
Stress Management	<i>learning to deal with feelings of being overwhelmed that build up over time</i>
Substance Abuse	<i>frequent tolerance and dependency of drugs or alcohol with the intention of changing your mental or physical state</i>



Mental Health & Substance Abuse

Begin this session with a discussion of Mental Health and Substance Abuse

Mental Health is the term used to describe your overall emotional health. A person with good emotional health has a balance between their physical, spiritual and environmental health.

A person in good mental health:

- *feels good about life and oneself and has positive feelings about others*
- *is able to express her own feelings and verbalize thoughts*
- *enjoys time with family and friends*
- *develops a good support system asking for help, accepting and handling help*

Substance Abuse is the frequent use and dependency of drugs or alcohol with the intention of changing your mental or physical state.

Key Concepts

- 1 Often mothers experience a sadness in the first few days to a week after giving birth called Baby Blues.
- 2 The differences between Baby Blues and Postpartum Depression.
- 3 There are many types of abuse like physical, financial, emotional, psychological, and sexual. Each year, at least 2 million women are abused in the United States.
- 4 Smoking, alcohol and prescription drugs can be addictive just like illegal drugs.

Concept Mastery

- 1 Understand the differences between baby blues and postpartum depression. (See pg. 59)
- 2 List three positive ways to manage stress. (See pg. 60)
- 3 Explain the differences between physical, emotional, sexual and economic abuse. (See pg. 62)
- 4 Identify two illegal and two legal drugs that may have harmful effects. (See pg. 63)
- 5 Explain the risk factors associated with smoking. (See pg. 65)
- 6 Identify community resources. (See Handout)



Mental Health

Discuss the difference in severity between baby blues, postpartum depression and postpartum psychosis. Stress that many new mothers experience these feelings. Many women feel guilty for having baby blues at a time when they feel they should be happy. Explain that help is available.

Baby Blues

Mothers often experience a sadness in the first few days to a week after giving birth. It is believed that a change of hormones and stresses associated with having a new baby contribute to the baby blues. A woman's symptoms may include: sudden mood swings, sadness, crying spells, loss of appetite, and sleeping problems. In addition, she may feel irritable, restless, anxious and lonely. These feelings are commonly called the "baby blues." Baby blues' symptoms often go away with time. Seek medical advice if these feelings do not disappear after two weeks.

Postpartum Depression

Postpartum depression (PPD) can occur anytime within the first year after giving birth. Unlike the baby blues, these feelings do not go away after a week or two. Your doctor may recommend counseling, support groups or the use of medications to treat your depression. A woman's symptoms may include similar feelings to the baby blues such as sadness, despair, anxiety, irritability, and not being able to do the things she needs to do every day. When a woman's ability to function during the day gets affected, it is necessary for her to see a health care provider right away. Untreated PPD can get worse and last for as long as one year.

Postpartum psychosis

Postpartum psychosis is a rare and very severe mental illness. Symptoms will typically begin to appear in the first 6 weeks after giving birth. A woman with postpartum psychosis may lose touch with reality and have hallucinations (hearing or seeing things that others don't, like a person talking) or delusions (seeing things differently from the way they are). Other symptoms include insomnia (not being able to sleep), feeling unsettled and angry, strange feelings and behavior, suicidal and homicidal thoughts. You must contact your doctor immediately if you experience any of these symptoms. One to two percent of women develop psychosis.



Anger & Stress Management

Discuss the difference between Anger and Stress Management. Management of both is a key to maintaining emotional health.

We all get angry and stressed from time to time. This is normal. We all have the occasional frustrations of dealing with difficult co-workers and family members or events that you can't control but have to cope with like bad weather or a traffic jam. You can't get rid of these problems but you CAN change the way these events affect you.

If you find yourself becoming increasingly irritable or taking unhealthy risks like drinking too much or abusing drugs, you may have a problem dealing with anger. To keep feelings of anger from building up, try the following techniques:

- *Let people close to you know when something is bothering you. Talking about your feelings can keep you from losing your temper.*
- *Think before you act. Consider the consequences of your words and actions.*
- *Balance your work, home and school life.*
- *Take care of your physical health. Your physical health can affect your emotional health. Remember EXERCISE is a great stress releaser!*
- *Listen to self-help books on tape (available at the Public Library).*
- *Listen to relaxing instrumental tapes.*



Stress Management

Unlike anger responses which tend to follow a specific event that upsets us, stress is a feeling that builds up over time. We all feel stress when we have too much to do, too many responsibilities, are working too hard and feel exhausted. Our body responds to specific stressful events by making stress hormones to help us cope with the situation.

What can I do to prevent or manage stress?

- *Be realistic, if you feel overwhelmed, learn to say NO*
- *Use relaxation techniques such as deep breathing, meditation or massage*
- **EXERCISE!**
- *Eat a healthy diet*
- *Get adequate rest*
- *Limit caffeine and alcohol*

Breathing and relaxation exercise

- *Sit comfortably in your chair or lie on the floor*
- *Close your eyes*
- *Take a deep breath in, then let it out SLOWLY*
- *Repeat 3 times*
- *Try to gradually increase the length of your breaths in and out to increase the relaxation*



Domestic Violence

Remind the participant(s) that each year, at least 2 million women are abused in the United States. Violence against a partner or child is a crime in all states.

Domestic violence occurs when a caregiver, parent, spouse or partner uses abusive behavior to control the behavior of their child or partner.

Domestic Violence includes:

- *Physical abuse: slapping, hitting, choking, kicking, shaking, throwing objects, threats of violence, physical restraint*
- *Emotional abuse: name-calling, verbal attacks, humiliation, destroying personal items, harming pets, extreme jealousy*
- *Sexual abuse: unwanted touching, forcing of sexual acts*
- *Economic abuse: controlling access to money, not allowing the partner to work*

If you are a victim of Domestic Violence:

- **GO TO A SAFE PLACE** - *this can include the home of a friend or relative where the abuser cannot find you or an Emergency Shelter (refer to our Community Resources page)*
- *Have an emergency safety plan of what you need to do and bring with you*
- *Take your children with you*
- *Take house keys, money and important papers with you.*
- *File an injunction for protection (restraining order) either at the Emergency Shelter or by contacting 24-Hour Miami-Dade County Domestic Violence Hotline at (800) 500-1119*

Miami Domestic Violence help numbers:

To locate space at a Domestic Violence shelter call Safe Space (305) 758-2546

For referrals to social service agencies in the community, safety planning, and procedural information about the court process call the 24-Hour Miami-Dade County Domestic Violence Hotline at (800) 500-1119



Alcohol & Substance Abuse

Substance abuse can include the improper use of prescription drugs as well as the use of illegal substances such as cocaine, hallucinogens, inhalants or heroin.

Prescription Drugs

- Commonly abused prescription medications include: pain-killers (morphine, codeine, Vicodin, Demerol and OxyContin); drugs to treat anxiety and sleep disorders (Xanax, Valium, Librium, Mebaral and Nembutal); and drugs to treat attention deficit/hyperactivity disorder (ADHD) (Dexedrine and Ritalin).
- Recent estimates are that 15.1 million people abuse prescription drugs in this country - more than those that use cocaine, hallucinogens, inhalants and heroin COMBINED!
- You may be abusing prescription drugs if:
 - You consume larger doses than prescribed
 - You use it more frequently than prescribed
 - You take the medications for reasons other than what it was prescribed for



Alcohol

Includes hard-liquor, beer, wine or wine coolers.

Effects:

- *Impairs judgment and reaction time*
- *Impairs speech and motor control*
- *Drunk drivers kill about 23,000 Americans every year*
- *In severe cases causes short-term memory loss*
- *Large amounts of alcohol can cause the drinker to stop breathing and leads to death*

Avoid alcohol if you think you may be pregnant

Alcohol is a toxic substance that is quickly transferred from the mother's bloodstream to the baby. During the first three months of pregnancy, when all the baby's organs are forming, the baby is extremely vulnerable to toxic substances. Developmental problems in the fetus are generally linked to excessive, chronic drinking.

Researchers have not yet found out the exact amount of drinking which would be considered "safe" for the development of the fetus (or unborn child). It is known that drinking can lead to:

- *risk of miscarriage*
- *birth defects*
- *growth retardation*
- *mental disorders*
- *Fetal Alcohol Syndrome (FAS) (includes growth retardation, mental disorder, abnormally small head or other facial and skeletal abnormalities, malformations of the heart)*
- *interference with learning and memory in children*



Smoking

The information below should be used to help the participants understand the health effects related to smoking. Stress to the participants the “SURGEON GENERAL’S WARNING: Quitting smoking reduces serious risks to your health.”

Cigarette smoking and disease

Smoking causes lung disease, heart disease, high blood pressure, and increases your risk of developing lung cancer.

Women who smoke have increased risks for delay in conceiving, infertility, pregnancy, and premature births.

Benefits of quitting:

- *Lowers risk of developing heart or lung disease*
- *Saves you MONEY*
- *Whiter teeth and fresher breath*
- *Longer and healthier life*

The most common smoking cessation methods are:

- *Gradual Reduction*
- *Nicotine Replacement Therapy*
- *Nicotine Gum*
- *Nicotine Patch*

Second-Hand Smoke

Cigarette smoke can also harm nonsmokers. Children whose parents smoke suffer higher rates of bronchitis and other lung infections, and nonsmoking spouses of smokers have higher rates of lung cancer than those whose spouses do not smoke.

Third-Hand Smoke

Thirdhand smoke is the residual nicotine left on surfaces by tobacco smoke. Thirdhand smoke clings to hair, skin, clothes, furniture, drapes, walls, bedding, carpets, dust, vehicles and other surfaces, even long after smoking has stopped. Infants may be at risk of health problems when they inhale, ingest or touch substances containing thirdhand smoke. Thirdhand smoke residue builds up on surfaces over time and resists normal cleaning. Thirdhand smoke can’t be eliminated by airing out rooms, opening windows, using fans or air conditioners, or confining smoking to only certain areas of a home. The only way to protect nonsmokers from thirdhand smoke is to create a smoke-free environment.





Module Four: Mental Health & Substance Abuse Research

1

It is important to understand the difference between “baby blues,” postpartum depression and postpartum psychosis.

- *The baby blues is short-term and requires no treatment and occurs in about 80 percent of women.*
- *Postpartum depression can occur at any time within a year of delivery to 15-20 percent of mothers and requires treatment. The numbers increase to 50-80 percent if mothers had PPD previously.*
- *Postpartum psychosis is very rare and occurs in one to two per thousand women. The symptoms are much more severe (delusions and hallucinations) and usually occur within 6 weeks of delivery.¹*

2

Anger and stress management are not synonymous. Anger management means learning to control your response to certain events or situations that upset you. Stress management means making changes in your lifestyle to limit the situations in your life that cause stress.

According to the FBI:

- *A battering incident occurs every 15 seconds in the U.S.*
- *Battered women are more likely to suffer from depression, anxiety, and drug/alcohol abuse.²*

3

According to the U.S. Public Health Service, if all pregnant women in the United States stopped smoking, there would be an estimated 10% reduction in infant deaths.

Endnote Citations

1. “Pregnancy and Postpartum Mental Health.” Postpartum Support International, 2010
2. “What is Domestic Violence.” Florida Coalition Against Domestic Violence, 2010





Community Resources

Organization/Agency	Services Provided	Contact Information
Alcoholics Anonymous	24-hour Hotline	305-461-2425 aamiamidade.org
American Cancer Society	Quit Line	1-800-227-2345 cancer.org
Center for Substance Abuse Treatments	National Helpline	1-800-662-4357 treatment.org
Miami Dade County Domestic Violence Hotline	24-hr assistance to obtain information	1-800-500-1119
National Hopeline Network	24-hour national suicide Hotline	1-800-442-HOPE (4673) hopeline.com
National Suicide Prevention Lifeline	24-hour assistance	1-800-273-TALK (8255)
Narcotics Anonymous	Support groups for drug users	1-866-935-8811
Postpartum Support International	24 hour Hotline for Mothers Suffering from postpartum depression	1-800-944-4PPD (4773)
Safe Space North	Domestic violence shelter	305-758-2546
Safe Space South	Domestic violence shelter	305-247-4249
The Lodge	Domestic violence shelter	305-693-1170

Module Four: Mental Health & Substance Abuse References

“Pregnancy and Postpartum Mental Health.” Postpartum Support International, 2010

“Substance Abuse: Overview.” National Women’s Health Resource Center, 2013

“Understanding and Preventing Violence: Summary of Research Activities.” National Center for Injury Prevention and Control, Centers for Disease Control and Prevention, 2013

“What is Domestic Violence.” Florida Coalition Against Domestic Violence, 2010

“What is thirdhand smoke, and why is it a concern?” Mayo Clinic, 2012

