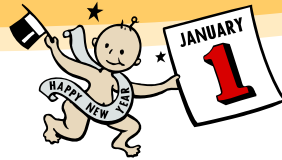




On your cell phone, text "baby" to 511411

& get free messages on your cell phone to help you through your pregnancy and your baby's first year.



New Year, New Beginnings

Letter from the Director

Inside this issue:

Letter from the Director	1
Finding the Gold	1
Important Things to Remember About Your Baby	2
5 Successful Steps to a "New You"	2
New Year, New Goals, New Life	3
Christmas at ECHS	3
Important Information	3
Planning For Healthy Babies Medicaid Program	4
Implementation Timeline	5
Reproductive Health Plan	5
Save the Date	6

Dear Partners and Clients,

Georgia is rolling out its new Medicaid program, Planning for Healthy Babies (P4HB), for women ages 18 to 45 and women who have a very low birth weight infant (VLBW), that is, an infant weighing less than 3 pounds, 5 ounces or 1500 grams. There is more information about the new program in this edition of the newsletter. The program will benefit all qualifying women of this age range whether planning or not planning a future pregnancy. The program will also benefit women who have never been pregnant.

Why would Georgia start this program in spite of its budget woes? With a federal match of 90%, the program requires a

small amount of state dollars and attempts to address the health needs of women who have had a VLBW infant, a risk that places the woman in the most likely group to have a subsequent costly poor pregnancy outcome. By increasing spacing of pregnancies and lowering the VLBW rate, GA will save dollars.

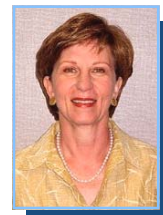
In support of this program, Enterprise Community Healthy Start, in conjunction with community partners and the local Interconceptional Learning Community Collaborative task force, has developed and will disseminate Family Planning Resource Manuals to Burke and McDuffie County women. The manual has information on local providers, contraceptive methods, contraceptive myths,

sexually transmitted infections, and the P4HB program. Please tell anyone who might want a manual to pick up one from our county offices.

It is a privilege to work with each of you. I look forward to a promising 2011! Let us continue to contribute to the health of women and children.

Warm regards,

Sandra Mobley, PhD, RN
Project Director



Free Pregnancy

Testing

Free, confidential pregnancy testing is available through Healthy Start at the McDuffie County office. If you or a woman you know suspect they may be pregnant, finding out early is important. Please call the McDuffie County office at (706) 597-0364 for more information.

Finding the Gold Within - Getting a New Attitude for The New Year

Optimistic people believe that there is goodness in the world and that good things will happen---even when facing accidents, disappointments, and mistakes. An optimistic person finds some good in even the worst situations. Pessimists think the opposite, they expect the worse. Very often you get what you expect. Change your attitude to change your life.

- You can view a situation as impossible **OR** as a challenge to work through
- You can feel defeated **OR** confident
- You can be sick of trying **OR** full of hope
- You can feel like a victim **OR** be in charge

It depends on your attitude

A positive attitude helps you find solutions and keeps working until you succeed. Your attitude controls your life. And YOU control YOUR ATTITUDE. Will you see the glass as half-empty or half-full in 2011?

**Excerpts from the book, *Finding the Gold Within*, by L. Worley, M. Graham, A. Powell, R. Pruet, and I. Stabile, 2004.

10 Important Things to Remember About Your Baby

1. You can never spoil your baby with too much attention.
2. Never let anyone shake your baby.
3. Keep germs away from your baby.
4. Put your baby to sleep on her back.
5. When home with your baby, give him "tummy time".
6. If your baby was premature, talk to your doctor about ways to decrease the chance your next baby will be born early.
7. Take a multi-vitamin with 400 mcg of folic acid every day.
8. Be sure to eat right; it's important for you and your baby.
9. Keep your baby away from cigarette smoke.
10. Get support from others who understand at www.shareyourstory.org.



For more information and support, go to marchofdimes.com.

Information provided by the March of Dimes.



5 Successful Steps to a "New You"

The New Year is a time that we plan to make a new start. We look at the mistakes that we made last year and promise ourselves not to make the same mistakes this year. A common area we want to make a change in is our physical health and fitness level. Choices we make every day affect our health, so we recognize that we have to make adjustments. Below are five tips that may assist you in being successful at improving your health in 2011.

1. Know Yourself

- Don't compare yourself to others. It is not healthy to try to be like someone who may be in a different situation than yours.
- Set your goals for your lifestyle, what is right for others may not be the best thing for you. The Biggest Loser may inspire you; however, the contestants are in a controlled environment.
- Your life is filled with your priorities and responsibilities.
- Don't try to change everything at once. You can become overwhelmed and set yourself up to fail.

2. Be Realistic

- A healthy weight loss is 1-2 pounds a week. This will take a lot of effort and discipline, but it will be easier to keep this weight off.
- Don't set a goal to lose the weight too fast- this may cause you to be very discouraged and disappointed and go back to your less healthy habits.
- Everyone's body and metabolism is designed differently.
- Your metabolism slows down after the age of 30.
- You may be doing everything right and still not see a weight loss for a few weeks- don't give up.

- Remember: It took years to put the weight on and years to develop unhealthy habits. Don't expect the weight to just fall off after your first week or month of exercise.

3. Set Measurable Goals

- To say that you want to "lose weight" is a goal, but it is not measurable.
- Here are some examples of specific measurable goals:
 - ◊ "I want to lose 10 pounds in 3 months",
 - ◊ "I want to go from a size 18 to a size 14 in 6 months", and
 - ◊ "I want my body fat percentage to decrease from 30% to 25% in a year".
- Setting measurable and specific goals helps to give you boundaries and increases the likelihood of you being disciplined.

4. Love the Food You Eat

- If you don't enjoy the food you eat, you will not eat it. There are healthy foods out there that actually taste good.
- Eating healthy should not be something you do just to lose weight, but something you do to be healthy the rest of your life.
- Find 100% whole grain products that you enjoy, such as whole grain cereals, pastas, and rice.
- Incorporate proteins that you enjoy into every meal, such as fish, lean meats, turkey, nuts, beans, lentils, soy, and cottage cheese.
- Try to avoid adding fats such as butter, lard, and extra cheese to your protein.
- Think of fruits that you love and try to eat 2-3 servings of them every day.
- Do your shopping on Sunday night to plan meals for the week. This can help you plan

your lunches and avoid high calorie fast food lunches.

5. Make Exercise Fun!

- Plan fun exercise activities that you enjoy doing. Rather than thinking of exercise in negative terms, such as "a work out", think of it as a positive step to your health.
- If you enjoy the outside weather, you may enjoy walking outside versus going to a gym.
- There are also fitness activities you can do in the comfort of your own home; they may include: fitness programs on cable television, fitness DVD's, Wii fitness games and activities.
- Exercise with a friend, your husband, boyfriend, or your children. This can be a great family activity and make exercise more fun.
- Listening to music while exercising can be fun, make the time go more quickly, and help you burn more calories.

The Healthy Start After Baby Fitness Challenge program encourages post-partum women to make healthy choices as a lifestyle. There are weekly nutrition classes in which the clients participate in food demonstrations, trips to the grocery store, and nutrition lessons. A variety of healthy food options are given in each class. Each participant is given a free membership to the Family Y that offers several group exercise classes such as Spinning, Aerobics, Yoga, and Pilates. Let 2011 be the year that you are successful at reaching your health and fitness goals!

Article by Crystal Neal



New Year, New Goals, New Life

If you are planning to have a baby in the future, start things off right. Make sure you are the healthiest you can be before becoming pregnant. 50% of the pregnancies in the United States are unplanned. Plan to make a healthy change in your life this year!

One essential thing all women of childbearing age should do is make sure they get at least 400(mcg) micrograms of **folic acid** every day. **Folic acid** can help prevent major birth defects of a baby's brain and spine.

It's easy. Women of child-bearing age can get their daily intake of **folic acid** in the following ways:

- take a multi-vitamin with 400 mcg of folic acid

- take a 400 mcg folic acid supplement
- consume [food sources containing folic acid](#) such as: enriched grain products (breakfast cereals, bread, pasta, and rice), and natural sources such as dark green leafy greens, and legumes (such as lentils and chickpeas)

Though it is ideal that all women of child-bearing age take folic acid daily, it is essential that women trying to get pregnant begin supplementation immediately (preferably at least one month prior to pregnancy). Remember, even if you are not trying to get pregnant your body is ready to be

pregnant, therefore practicing good health habits increases the chance for a healthy baby when you are ready.

By Jodi Hudgins

For more information go to:

www.cdc.gov/ncbddd/folicacid

www.marchofdimes.com

www.womenshealth.gov

Important Information

New Guidelines for Car Seats and Booster Seats

Car and booster seats are issued to Medicaid, WIC, and PeachCare individuals. A car seat class is needed to receive a car seat or booster seat. If anyone is in need of a car seat or booster seat and you live in one of the Healthy Start counties, contact the Healthy Start office in Burke County 706-437-6912 or McDuffie County 706-597-0364.

After Baby Fitness Challenge (ABfC)

McDuffie County Healthy Start is currently enrolling clients for the ABfC program. Participants who commit to the requirements of the program get a free one-year membership to the Family Y, nutrition classes, and special incentives. Anyone who wants to join must be a Healthy Start client and a resident of McDuffie County. Those interested should contact their Case Manager at 706-597-0364.

Education Offered Through Healthy Start

Call 1-800-982-3728 or visit our website for information on classes offered. Most classes are free and available to the public.

Christmas at Healthy Start



Enterprise Community Healthy Start of Burke and McDuffie Counties got visits again this year from Santa Claus. The kids got a chance to come out and tell Santa what they wanted for Christmas and enjoy some cookies and juice. Here are some pictures of the kids with Santa!



Planning for Healthy Babies



Planning for Healthy Babies (P4HB) is a Medicaid women's health insurance program. The insurance provides an annual exam with cervical cancer screening, diagnosis and treatment of sexually transmitted infections, and contraception methods for women ages 18 to 45 whose income is at or below 200% of the federal poverty level. For women who have a very low birth weight infant, there are other benefits explained below.

Eligibility To be eligible for P4HB, *women* must be:

- Residents of Georgia
- U.S. citizens, legal immigrants or person with qualified proof of citizenship
- Between ages 18 and 45
- With family income at or below 200% federal poverty level
- Able to have a baby
- Not already covered by any insurance including private, Medicaid, Medicare, or PeachCare unless
- Losing Medicaid coverage, such as after pregnancy

Benefits include routine health exams, cervical cancer screening with a pap smear, diagnosis and treatment of sexually transmitted infections, preconceptional and reproductive health counseling, and contraceptive methods, including oral contraceptives (the pill), intra-uterine devices (IUDs), sterilization (tubal ligation), Depo-Provera (the "shot"), Diaphragm, Foam, and Condoms. Women have the choice of a Georgia Families Care Management Organization which is responsible for coordinating services.

Women who after January 1, 2011 have a very low birth weight infant, an infant weighing less than 1500 grams or 3 pounds, 5 ounces will receive additional Medicaid benefits (primary care up to 5 visits, limited dental, pharmacy benefits, limited substance abuse services, non-emergency transportation, and Resource Mother outreach (case management).. They must ask their physician or baby's physician to complete a specific form as proof of infant's weight. The form can be obtained at <http://www.planning4healthybabies.org/PDF/P4HBIPCForm.pdf> by you or your physician.

Premiums There are no premiums. There are no co-payments or deductibles.

Application Process

- Apply online at <http://www.planning4healthybabies.org> or obtain an application form from county public health or DFCS offices.
- Mail proof of all sources of income with the application. Address is on the application.
- If you delivered a very low birth weight infant, ask doctor to complete special form as proof of infant weight.
- Complete and submit online or mail in the application.

Applications are accepted statewide throughout the year.

All women must provide proof of income prior to receiving coverage and each year before enrollment month to continue coverage.

Recertification Provide proof of income each year before your enrollment month to keep your P4HB coverage.

Website: <http://www.planning4healthybabies.org> **Phone: Toll-free** 1-877-P4H-B101 or 1-877-744-2101

Implementation Timeline



The implementation timeline is an interactive tool designed to explain how and when the provisions of the health reform law will be implemented over the next several years.

In the online timeline, you can show or hide all the changes occurring in a year by clicking on that year. Click on a provision to get more information about it. You can also customize the timeline by checking and unchecking specific topics.

To find out more go to:

<http://healthreform.kff.org/timeline.aspx>

Information provided by The Henry Kaiser Family Foundation



PeachCare for Kids is a low-cost children's health insurance program. The insurance provides comprehensive health care services for children in families whose income is not over 235% of the federal poverty level and who are eligible for neither Medicaid nor State Health Benefit Plan nor covered by another insurance plan.

Eligibility To be eligible for **PeachCare for Kids**, *uninsured* children must be:

- Residents of Georgia
- U.S. citizens or legal immigrants as of 8/22/99
- Ages 0 through 18
- With family income at or below 235% federal poverty level (FPL)
- Not eligible for Medicaid
- Nor eligible for State Health Benefit Plan
- Not in a public institution
- Have no other coverage for 6 months prior with voluntary termination
- Have lost coverage due to no fault of own

Phone: Toll-free 1-877-GA PEACH (1-877-427-3224)

Website: <http://www.peachcare.org/>

What is a Reproductive Health Plan? Why is it important?

- Every woman and her partner should be thinking about their health and whether or not they are planning a pregnancy.
- Did you know that over 50% of pregnancies are unplanned? Unplanned pregnancies are at greater risk of preterm birth and low-birth-weight babies.
- Experts agree that women need to be healthier before becoming pregnant. By taking action on health issues and risks before pregnancy, you can prevent problems that might affect you or your baby later.
- If you are not ready, physically, emotionally or financially, to be pregnant, see your health care provider about a birth control method.

Creating a **Reproductive Health Plan** will help you think about how you would like to live your life and care for your health before you become pregnant the first time or before you become pregnant again. The plan can be started in the teen years and can be changed as you move through the different stages of your life. A Reproductive Health Plan is a set of goals you set for yourself in deciding if and when you want to have children and what you want your life to be like when you decide to become pregnant. Your plan will depend on your own goals and dreams. It also helps you set personal health goals so that you are physically and emotionally ready, as well as healthy, for pregnancy. Not every pregnancy is planned, so it is important that you develop healthy habits before you try to become pregnant. Your health and lifestyle decisions will affect the development of your baby. When you are ready to have a partner in your life, it's important that you discuss

your plan with this person. You can then decide together what your plan will be going forward.

Some examples of questions on a Reproductive Health Plan are:

1. Are you planning to get pregnant?
2. Did you plan this pregnancy?
3. How old would you like to be when you have your next baby?
4. How far apart in age do you want your children to be?
5. Are you (or your partner) using a method of birth control now?
6. What would you (or your partner) do if you became pregnant again now?
7. How many children do you want?
8. What is your (or your partner's) plan to prevent another pregnancy?
9. Do you have a doctor for annual check ups and medical care?
10. What do you think you will be doing in 5 years?
11. What do you need to do to reach those goals?

Enterprise Community Healthy Start recently began encouraging their clients to complete a personal Reproductive Health Plan. Plans are self-completed by Healthy Start clients during their pregnancy and after the baby is born. Healthy Start Case Managers then review the plan with the client, providing them the opportunity to ask questions, discuss concerns and receive needed information.



Save the Date

Consortium

McDuffie

January 27, 2011 - McDuffie Healthy Start Office

April 28, 2011 - McDuffie Healthy Start Office

July 28, 2011 - McDuffie Healthy Start Office

Burke

January 20, 2011 - Burke County Library

April 21, 2011 - Burke County Library

July 21, 2011 - Location TBA

Community

McDuffie

January 25, 2011 - Augusta Tech Wellness Fair
McDuffie County Campus

Burke

January 27, 2011 - Augusta Tech Wellness Fair
Burke County Campus

April 16, 2011 - McDuffie Health Fair - Thomson High School, 8am - noon
For more information call Dot Cofer @ 706-595-2501

June 22, 2011 - Annual Perinatal Symposium - DoubleTree Hotel, Augusta, GA

*For up-to-date community events visit our website at www.ehealthystart.org. To add an event, contact Jennifer Mills at jmills@mcg.edu.

Enterprise Community Healthy Start
1120 15th Street - PL1010C
Augusta, GA 30912

We're on the Web!
www.ehealthystart.org