



Central Healthy Start  
Administrative Office  
1785 NW 80th Blvd.,  
Gainesville, FL 32606  
Tel: (352) 313-6500  
Fax: (352) 313-6515  
www.centralhealthystart.org

If you would like a presentation or more information regarding Healthy Start, please contact your local Community Liaison:

Dawn Easter  
Citrus or Hernando  
(239) 494-7553

Betsy Harrington  
Lake or Sumter  
(352) 409-6057

## Healthy Start Prenatal & Infant Care Program

# Blossom

Central Healthy Start Newsletter | Spring 2008

## The World's Greatest Baby Shower

Please mark your calendars to attend the World's Greatest Baby Shower in your community. Hosted by your local Kiwanis International, these events are free and open to the general public. Every new and expectant mom will receive free gifts and prizes! So bring your friends and join us for the World's Greatest Baby Shower event near you!!

### Citrus County

May 8, 2008  
5:00 pm to 8:30 pm  
Citrus County Auditorium  
3610 S. Florida Ave., Inverness

### Lake County

April 8, 2008  
6:00 pm to 8:30 pm  
Leesburg Community Center  
105 E. Dixie Ave., Leesburg

April 11, 2008

6:00 pm to 8:30 pm  
Minneola City Hall  
800 N. US Hwy 27, Minneola

### Lake County, cont.

April 17, 2008  
6:00 pm to 8:30 pm  
Mascotte Tedder-Thomas Memorial  
Civic Center  
121 N. Sunset Ave, Mascotte  
(Spanish only event)

April 29, 2008

6:00 pm to 8:30 pm  
Lake County Agricultural Center  
1951 Woodlea Rd., Tavares

### Sumter County

May 14, 2008  
10:00 am to 1:00 pm  
Wildwood Community Center  
6500 CR 139, Wildwood



### Helpful Websites...

Childcare: [www.dcf.state.fl.us/childcare](http://www.dcf.state.fl.us/childcare)  
Florida Kidcare: [www.floridakidcare.org](http://www.floridakidcare.org)  
Voluntary PreK: [www.upkfl.org](http://www.upkfl.org)  
Pregnancy.org: [www.pregnancy.org](http://www.pregnancy.org)  
Womenshealth.gov: [www.4women.gov/pregnancy](http://www.4women.gov/pregnancy)  
Food Stamps: [www.myflorida.com/accessflorida](http://www.myflorida.com/accessflorida)  
Central Healthy Start: [www.centralhealthystart.org](http://www.centralhealthystart.org)  
WellFlorida Council: [www.wellflorida.org](http://www.wellflorida.org)

### and Phone Numbers

Florida Family Health Line  
1-800-451-BABY  
Poison Control  
1-800-222-1222  
Abuse Hotline  
1-800-4-A-CHILD  
National Domestic Violence Hotline  
1-800-799-7233  
National Crisis Line  
1-866-334-4357

### Did You Know?

Second-hand smoke from a cigarette raises a child's risk of ear problems, causes coughing and wheezing, and worsens asthma.

## Dear Readers



### GET SCREENED!

Healthy Start offers services for you when you are pregnant or between pregnancies, and for your baby from birth to age three. Services are free and are not based on income, educational background or ethnic makeup. Healthy Start services are based on a "screening"—a simple set of questions to determine if there are any risks that could affect your pregnancy and your baby's growth or development.

Services include education and counseling in childbirth, breastfeeding, parenting, nutrition, smoking cessation, and between pregnancy care.

Find out if you qualify for Healthy Start services by saying "Yes" to a Healthy Start screening! Even if you do not wish to obtain any Healthy Start services, by completing the screenings you are helping ALL mothers and their babies in your community.

## Tobacco & Pregnancy: It's Never Too Late to Quit!

Quitting smoking can be one of the hardest habits to break, but if you're pregnant and you smoke, it can be one of the best things you can do for your baby.

Many women smokers find that kicking the habit is easier while they are pregnant. One reason is that there is someone else's health to consider—your baby's! Also, during pregnancy many women become acutely aware of tastes and smells or experience morning sickness, which can make smoking tobacco less appealing.

*Thinking about quitting? Consider the following:*

- After just one day of not smoking, your baby will get more oxygen.
- Every day that you don't smoke you are helping your baby to grow.
- Women who stop smoking, either before pregnancy or during the first 3-4 months of pregnancy, reduce their risk of having a low birthweight baby when compared to women who never smoked.
- Women who quit smoking at later stages of pregnancy, even up to the 30th week of pregnancy, have babies with higher birthweight than women who continue to smoke. *Continued...*



**Say "NO" to smoking for a Healthy Start!**

## Healthy Start

is a comprehensive program of maternal and child health services intended to improve pregnancy outcomes and help children get a healthy start in life.

Healthy Start accomplishes this through care coordination and support services that include education and counseling in childbirth, breastfeeding, parenting, nutrition, mental health counseling, smoking cessation, and between pregnancy care. Access to Healthy Start services is free to at-risk women, infants and children and is not based upon income.

## Healthy Start Team

### Administrative Office

(352) 313-6500

Julie Ackerman  
Program Director

Janice Moore  
Associate Planner

Barbara Kent  
Quality Assurance Specialist

Cissy Hassell  
Contract Manager

Betsy Harrington, Community Liaison  
(352) 409-6057

Dawn Easter, Community Liaison  
(239) 494-7553

### Healthy Start Care Coordinators

Lee Brannon, Citrus County  
(352) 726-1731

Dianne Casson, Lake County  
(352) 357-1668

Harriet Martin, Hernando County  
(352) 540-6800

Gwen Whitehead, Sumter County  
(352) 793-5900

### Board Members

Sue Loomis, President

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Sherry Olszanski

Pastor Charissa Jaeger-Sanders

Alice Skillin

Vicki Wynns

Newsletter produced by WellFlorida Council

# Smoking cessation before or early in pregnancy greatly reduces risks, cont.

- Even if a woman quits at the end of her pregnancy, she can help her baby get more oxygen and have a better chance of making it.
- It's never too late to quit, but the earlier the better for both the mother and her baby!



It's no surprise that in 1965 cigarette packages were required by law to include the warning: "Caution: Cigarette Smoking May Be Hazardous to Your Health." But, it wasn't until sixteen years later—after studies showed that these health warning labels had little effect on knowledge and attitudes about smoking—that Congress required a warning label that identified the risks of smoking during pregnancy. This was one of the first public campaigns to

spread information to women who were thinking about becoming pregnant, who already were pregnant, or those who had just given birth about the effects of smoking on their babies.

Since 1984 the research and subsequent follow-up data on smoking during pregnancy continued to prove that the impact of smoking on your baby has many risk factors, some of which have the potential for very life-threatening conditions.

For instance, the nicotine found in cigarettes can reduce the oxygen that goes from you to your baby. It may also reduce the amount of blood pumping in to your baby's heart—this may cause heart conditions in addition to low birthweight. Nicotine also has an impact on whether or not you carry your baby to term. If your baby is born prematurely it will weigh less and may have problems with lung development. In fact, smoking before and during pregnancy has been identified as the single most preventable cause of illness and death among mothers and infants. Women who quit smoking before or early in pregnancy significantly reduce the risk for a number of adverse outcomes.



## SAY "YES" TO A HEALTHY START FOR YOU AND YOUR BABY!

Healthy Start services cover conception through maternal care for mothers, and for infancy-to-age-three children. In the early stages of your pregnancy, ask to be screened for Healthy Start services. After your baby is born, be sure to have your newborn screened for Healthy Start services at the hospital or birth center.



## So, you just found out you're pregnant and you want to stop smoking...What can you do? Call us today!!!

Citrus County	Lee Brannon	(352) 726-1731
Hernando County	Harriet Martin	(352) 540-6800
Lake County	Dianne Casson	(352) 357-1668
Sumter County	Gwendolyn Whitehead	(352) 793-5900

(at the Thomas E. Langley Medical Center)

Central Healthy Start Care Coordinators can help you and your new baby. In addition to smoking cessation education and counseling, Healthy Start offers many other free services to help you have a healthy pregnancy. Your Coordinator can also assist with services for your infant from birth to age three. It's never too late for a Healthy Start!

## Let's Have Healthy Babies!

P T O Q K P O G E X P D J P E  
R L S F Y L M Z G R H S S E K  
E R A Y N A B H E M N C H P O  
M T R R T C C V Y O B O E K M  
A W W F E E E N N T Q U A U S  
T A Y G G N T I T H N N L U D  
U R H C T T E A T E Y S T S N  
R G I I N A U G D R S E H U A  
E D O M B A X T N H A L Y V H  
B N H G E R N H A O P I S L D  
I A D E R S M G M O E N T P N  
R U D B S T T I E D S G A W O  
T A R O F K V E T R B D R X C  
H U M Y I V O W R P P B T U E  
L O W B I R T H W E I G H T S

## WORD SEEK PUZZLE

COUNSELING  
HEALTHY START  
LOW BIRTHWEIGHT  
MOTHERHOOD  
PLACENTA  
PREGNANCY  
PREMATURE BIRTH  
PREVENTION  
SECONDHAND SMOKE  
SURGEON GENERAL  
TRIMESTER  
WEIGHT GAIN

## Take Action: Help is only a phone call or a click away

Access a quitline serving your area by calling 1-800-QUIT-NOW (1-800-784-8669) or visiting [www.1800quitnow.org](http://www.1800quitnow.org).

Find tips on quitting smoking at [www.smokefree.gov](http://www.smokefree.gov).

Learn more online about the harmful effects of smoking and secondhand smoke and receive expert advice on how to keep children tobacco-free at [www.cdc.gov/tobacco](http://www.cdc.gov/tobacco).

Make the Smoke-free Home Pledge by calling 1-866-SMOKE-FREE (1-866-766-5337) or visiting [www.epa.gov/smokefree](http://www.epa.gov/smokefree).

Read *The Health Consequences of Involuntary Exposure to Tobacco Smoke—2006 Surgeon General's Report*, available at [http://www.cdc.gov/tobacco/data\\_statistics/sgr/sgr\\_2006/](http://www.cdc.gov/tobacco/data_statistics/sgr/sgr_2006/).

## Classes

**Hernando County Health Department**  
**Free Childbirth Education Classes**  
Wednesday evenings  
For more info, please call Margaret Purdy (352) 540-6939

**Hernando County Health Department**  
**Free Smoking Cessation Classes**  
For all ages!  
For more info, please call Ann Gayl (352) 540-6848

**Citrus Memorial Hospital**  
**Childbirth Education Classes**  
Wednesday evenings  
\$30.00 for the four-class series  
For more info, please call (352) 344-6576

**Citrus Memorial Hospital**  
**FREE Breastfeeding Classes**  
2nd Thursday of each month, 7pm to 9pm  
For more info, please call (352) 344-6576  
To obtain a voucher to pay for the classes at Citrus Memorial Hospital, call Lee Brannon (352) 726-1731, ext. 258.

**Lake County Health Department**  
**FREE Childbirth Education Classes**  
For schedule and more info, please call (352) 357-1668, ext. 2108.

**Sumter County Car Seats for \$15**  
Sumter County residents only. Non-residents may make an appointment to ensure proper car seat installation and safety. Contact Mary Crespo at (352) 569-2990 or Gwen Whitehead at (352) 569-2959.