

MOMMIE, ME & MORE

HEALTHY START

SPRING 2011

Project Director's Message

Guess who's having a birthday? Give up? It's us – Healthy Start! It is hard to believe but Northwest Indiana Healthy Start is 20 years old this year. I am proud to say that I have, in one capacity or another, been a part of most of the program's journey. As some of you know, the Healthy Start program began back in 1991 as a strategy to reduce the number of babies that were dying in cities across America. As a pilot project, the government gave money to 15 communities to let the people of the community decide what they needed to help keep babies healthy. The plan for our project was unique because we had four cities coming together to work on a public health issue.

Northwest Indiana Healthy Start was a much larger program in the 90's. We had more locations throughout the four cities, more staff and we could serve a lot more people. Because of budget cuts we have had to scale our program back quite a bit. However, by making a few changes to where we do our work and the kindness of our community partners, we are still here. We still have keeping our babies alive and healthy as our primary focus. I'm proud of the work we have done in the past and look forward to even greater accomplishments in the future. In each addition of our newsletter, I'll be sharing more of our story and letting you meet the people that make our program work.

In this issue we are preparing to move past the snow and cold and think about Spring and inform you about some of the allergies that season can bring. We'll give you some tips on how to de-stress. Stress is something that can affect us all in negative ways. You pregnant women should also know that stress can affect your unborn baby. We still have our eyes on nutrition too so be sure to read the articles on white and brown rice and sugar.

I wish each of you the best in this New Year! May your goals be reached and your dreams come true!

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Have You Earned Your Baby Bucks?

Have You Earned Baby Bucks??
If so, come to the "Baby Store"
On
March 2, 2011
10:00 a.m. – 1:00 p.m.

6939 Grand Avenue
Hammond, IN
Contact your case manager
for transportation!



Special Thanks

Special Thanks

The entire Healthy Start staff is extremely grateful to all of the individual donors and organizations that helped to make the following events successful. We could not have done so without your generous donations of goods, funds and time. So we are sending out a special thanks to all of you who made it happen.

Baby Clothing Giveaway

Sandy Setmeyer

Coat Drive

Alpha Kappa Alpha Sorority, Eta

Kappa Omega Chapter, Lucretia Board, Clementine DuBose, Christine Gaines, Rita Green, Chantelle Johnson, Kappa Alpha Psi Fraternity, Gary Chapter, Joyce Price, Millicent Rogers, Rosie Thomas, Delores Turner and Zeta Sigma Chi Multicultural Sorority.

Consortium Christmas Party

Suzie Cruz Lopez (Avon representative from East Chicago, IN.), Sherrine Smith, Penn Center Director and staff, of Penn Center (3550 Pennsylvania Ave. East Chicago).

Thanksgiving Basket Gift Cards Paul Barenie, John Hora and David Negrete, members of Knights of Columbus, Marquette Council, NO. 3631 (1440 S. Broad Street, Griffith), Purdue University Calumet Student Organizations/ Los Latinos, Strack & Van Til's (4725 Indianapolis Blvd. East Chicago), Strack & Van Til's (2635 169th Hammond), Ultra Foods (8401 Indianapolis Blvd. Highland, IN).

Consortium News

On December 8, 2010, our consortium members along with their spouses and children came together to celebrate Christmas. The Christmas party was held at the Penn Center (this is one of Healthy Start community sites) located in East Chicago, IN. The Christmas party started with games, such as "Can you sing the Christmas lyrics", Christmas memory box and Christmas scrabble, and prizes were

won. Christmas carols were sung, followed by a traditional Christmas meal, which included a delicious cake. Everyone appeared to enjoy the festivities. On January 12, 2011, consortium meeting was held and members worked on their New Year goals. Each member was provided with a booklet to write down their goals and ways they plan to reach them.

This booklet will be reviewed in 3 months. Also, at this meeting, it was discussed that there will be a decrease in the amount of baby bucks paid out to Healthy Start participants. This is because of our present economy and the increasing cost of baby merchandise.

Rice Smackdown

Which is the better rice, brown or white? Now you can be the judge.

From Light&Delish Easy Healthy meals magazine and Redbook

According to Light&Delish magazine and Redbook, both white and brown rice have pros and cons to consider. The main difference between white and brown rice one might wonder? White rice goes through a

process to remove the bran and germ layers, giving it its white color and fluffiness. Brown rice, on the other hand, is left in its natural, whole-grain state.

As for the nutritional aspect, white rice can be good for you when eaten in moderation, it is digested slowly due to it being a complex carbohydrate, it's also a low-cholesterol, low-sodium source of protein. Brown rice in fact, is nutritionally superi-

or to white. It is more easily digestible, has about 3 times more fiber, and has vitamins and minerals such as manganese, magnesium and zinc. Its nutty flavor and chewy texture give many recipes a distinct flavor.



What Are You Eating?????

Kara Ricketts, an intern from Purdue Coordinated Program in Dietetics, spent time this past summer with Healthy Start. Ms. Ricketts taught our Healthy Start mothers about good nutrition. Also, she was our guest speaker at one of our consortium meetings and gave a presentation on "Hidden Fats and Sugars". Ms. Ricketts wrote this following article...

What Are You Eating??

Have you ever looked at a food label and saw words you never knew existed?? You are not alone!

By reading the food label and educating yourself on the meaning of certain words

you are taking one step toward a healthier you ! Checking the ingredients and choosing items low in saturated fat (solid fats) and low in sugars can even help you to take a step toward weight loss. By looking at what and how much you're eating you are making a healthy lifestyle change. Reading food labels is a skill that you can pass down to your children and even inspire friends and family.

Here are a few words commonly used on food labels to mean sugar:

Brown Sugar Invert Sugar
Corn Sweetener Lactose

Corn Syrup Maltose
Dextrose Malt Syrup
Fructose Molasses
Fruit Juice Concentrates Raw Sugar
Glucose Sucrose
High-Fructose Corn Syrup Sugar
Honey Syrup

Source: Guthrie and Morton, *Journal of American Dietetic Association*, 2000.

Food Allergies

Spring Allergies: Five Ways to Decrease Sufferings This Season

With the arrival of Spring, for many, so does seasonal allergies. With planning, effort, talk and treatment provided by the doctor, many can limit or avoid the suffering this season.

Usually seasonal allergies are caused or triggered by airborne pollens- very fine powder released by trees, grass and weeds that peak during this season. Mold in the outdoor air can also be a cause of seasonal al-

lergies.

Per Dr. Dykewicz, professor of internal medicine and chief of allergy and clinical immunology at the Saint Louis University School of Medicine, says there are five important things that can be done to avoid or relieve symptoms.

1. Talk with your doctor about over-the-counter antihistamines or prescription medication.
2. Keeping doors and windows closed can help prevent pollens and outdoor molds from entering.

3. Pollen counts are generally highest in the morning, between 5 a.m. to 10 a.m. Try to limit outdoor activity, during the morning.

4. Closing the car windows while traveling will help keep the pollens, dust and mold out.

5. Pollen can gather on the clothes and in the hair. Taking a shower, washing the hair and changing clothing can help.

For additional information, review <http://www.medicinalnewstoday.com>

Garden Salad....By: Lana

Prep time: 15 min. Ready In:
15 min.

Ingredients:

6 cups baby spinach, rinsed and dried
4 ripe tomatoes, sliced
1 English cucumber, chopped
10 radishes, thinly sliced
¼ cup crumbled feta cheese
1 red bell pepper, seeded and thinly sliced

Directions:

In a large bowl, toss together the spinach, tomatoes, cucumbers, radishes, feta and red peppers. Top with the dressing of choice and enjoy!

Nutritional Information for the salad contents:

Servings per recipe: 4
Amount per serving:



Calories: 77
Total Fat: 2.7 g
Cholesterol : 8 mg
Sodium: 156 mg
Total Carbs: 11.4 g / Dietary Fiber: 3.7
Protein: 4

Refer to allrecipes.com for this recipe.

Infant Safety

Infant Safety

You've loved your baby from the first time you laid eyes on him! It seems like just yesterday when the doctor put her in your arms! That is why it is so important to keep them out of harm's way. Although we try to keep our babies safe, there are dangers that are "lurking" in our homes.

It's tragic but true: More than 2,000 children die each year as a result of getting hurt at home. The following are the three leading causes of infant deaths and injuries at home and how they can be avoided.

Falls

Not enough baby gates in the home can be a major problem. Sometimes we put gates at the top of the stairs but not at the bottom, so the child crawls up and then falls right back down. Select hardware mounted gates for the top and bottom of the stairs. And make sure the gates' openings are small enough that your baby's head can't fit through.

Baby walkers have caused children many injuries. Researchers suggest that parents get rid of the walkers.

Suffocation

Did you know that choking and suffocation is the leading cause of infant death? If you want your baby to be within arms reach at night, put him in a crib on the side of the bed.

We all love to decorate the baby's room, and we think that pillows and blankets look cute, but they can roll on top of your baby. Instead of using blankets, buy an infant sleep sack that zips up to your baby's chin.

Grapes, popcorn, raisins, slices of hotdog or anything that's between the size of a dime and a quarter can block your baby's windpipe. Make sure to cut grapes in quarters and hotdog length wise when you're cutting them into pieces.

Drowning

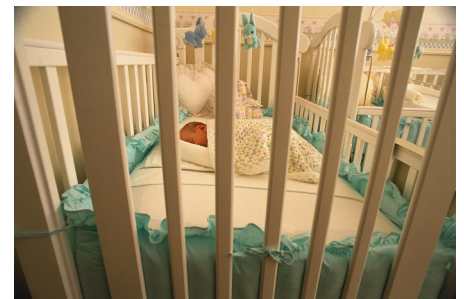
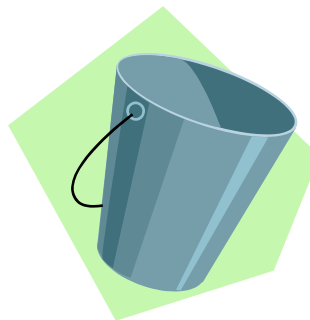
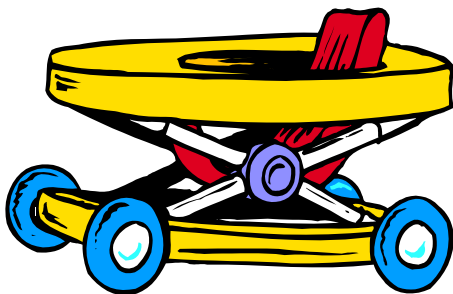
We all like to take our little ones outside in the yard to play

and have fun. But keep in mind that our little ones can get into trouble in the blink of an eye. About 30 children die each year from drowning in buckets. The baby crawls over, falls head first into the bucket and then can't get out. Make sure the baby is secure in the crib while you are cleaning. Also remember to keep toilet lids shut so he can't fall in. Never leave the baby alone in the tub, not even for a minute.

Keeping your baby safe is a full-time job, but following these tips will make that job much easier. And for those times you can't be there, make sure all babysitters know and follow this advice also.

For Your Information

Breastfeeding Conference
Wednesday, March 9, 2011
Community Health Net
1021 W. 5th Avenue
Gary, IN
10:00 a.m.—2:00 p.m.



What's Been Happening at Healthy Start??

Baby Clothing Giveaway
November 2010



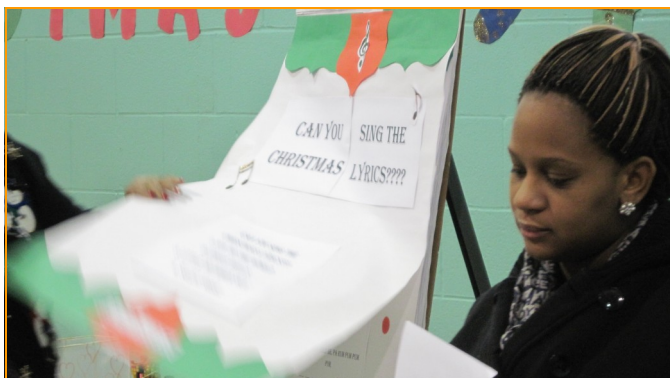
Coat Drive***November 8 & 9, 2010



Thanksgiving Gift Baskets***November 2010



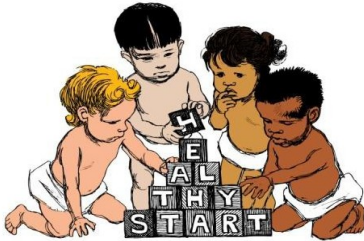
Consortium Christmas Party***December 8, 2010



Healthy Start

6939 Grand Avenue
Hammond, IN
46323

Www.healthystartlakecounty.org



"Building Blocks To Better Babies"

MISSION AND PHILOSOPHY

Healthy Start is a federally funded project designed to reduce infant mortality by helping women of childbearing age improve their health behaviors. Women are more likely to make healthy choices regarding childbirth if they are informed, if barriers to services are reduced, and if medical check-ups, nutrition education, and substance abuse treatment are readily accessible. Healthy Start supports this by offering a "one-stop shopping" approach to services, by coordinating services between public and private agencies, and by providing outreach activities that educate and inform members of the community.

Serving East Chicago, Gary, Hammond & Lake Station

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