

This Quarter: FOCUS ON SERVING EXPECTANT WOMEN AND THEIR FAMILIES

AGENCY³⁶⁰

Quarterly
Resource Newsletter
2020 Vol. I

Moms2B

Moms 2B was founded in 2010 as a research, ten-week nutrition based program for at risk pregnant women. The success and need for the program has stretched far beyond the initial 10 weeks into an ongoing community based initiative supported by staff, dedicated volunteers, corporate and private donations. They have been a partner agency of Mid-Ohio Foodbank hosting Produce Markets at multiple city sites for the past four years.



There is no cost for pregnant women to utilize the services of Moms2B. Transportation and child care services are incentives that are offered to mothers so they can attend and be connected to resources. Whether they are classes, doctors utility and housing issues, the Staff at Moms2B work with each individual woman to help alleviate current obstacles in their lives which can lead to stressors and have a negative impact on their pregnancy. Moms2B also offers a car seat program that the can women join.

It is this kind of personal touch, and individual attention that keep the mothers coming back before during and after they have given birth. For most, in the program, its the support network they build during their pregnancy that leads to healthier babies, moms and families. Women and infants may remain in the program up to their child's first birthday.

Moms 2B provides weekly education and support to women covering a variety of topics which can be found on their website ([click here](#)). Breastfeeding, Child Development, Positive Parenting are examples of some of their offerings. Currently they have four locations where mothers can meet and receive a hot, healthy meal when they attend educational sessions.

Columbus area locations include:

- **Weinland Park**
- **OSU East**
- **Franklinton**
- **Linden**

Call **614-292-1605** for more details regarding programming for mothers.

When asked what is the biggest piece of advice they would share with all Mid-Ohio partner agencies Lydia Burney of Moms2B had this to say;

"Try to give the pregnant mom who is coming to you for food, and may have a child or two with her a little extra grace. Take a moment and offer her patience. She doesn't want to be there with her children who are hungry or crying and seem out of control. Put yourself in her shoes for a moment and offer grace and hope first."

For more about Moms2B go to: <https://wexnermedical.osu.edu/obstetrics-gynecology/pregnancy/moms2b>

To refer a mom call **614.561.2067**

FOOD SAFETY FOR PREGNANT WOMEN

According to the CDC:

1. Pregnant women are **10 times more likely** than other people to get Listeria infection.
2. Pregnant Hispanic women are **24 times more likely** than other people to get Listeria infection.
3. Pregnant women with a Listeria infection can **pass the infection** to their unborn babies.
4. Listeria infection can cause **miscarriages, stillbirths, and preterm labor**.
5. Listeria infection can cause **serious illness and even death in newborns**.

Pregnant women are 10 times more likely to get a *Listeria* infection.

Learn how to protect your baby from this infection at www.cdc.gov/foodsafety

Las mujeres hispanas embarazadas tienen una probabilidad 24 veces mayor de contraer una infección por *Listeria*.

Sepa cómo proteger a su bebé de esta infección en www.cdc.gov/foodsafety

Click the link below to download a printable PDF of the above picture in English or Spanish to post and share with your Customers

Click the link below to download a printable PDF of the above picture in English or Spanish to post and share with your Customers

English
Spanish

English
Spanish

FOOD SAFETY for Baby and Me

Learn the food safety steps that will keep expecting moms safe from foodborne illness.

FOODS TO AVOID WHILE PREGNANT

Foods to Avoid	Here's Why	Foods to Eat
Raw seafood	May contain parasites or bacteria	Fish cooked to 145 °F
Unpasteurized juice, cider and milk	May contain E. coli or listeria	Pasteurized versions are safer alternatives
Soft cheese and cheese made from unpasteurized milk	May contain E. coli or Listeria	Hard cheese & cheese made with pasteurized milk
Undercooked eggs	May contain Salmonella	Eggs with firm yolks
Pre-made deli salads (egg, pasta, chicken, etc.)	May contain Listeria	Make these dishes at home
Raw sprouts	May contain E. coli or Salmonella	Cook thoroughly
Cold hot dogs and luncheon meats	May contain Listeria	Reheat to steaming hot or 165 °F
Undercooked meat and poultry	May contain E. coli, Salmonella, Campylobacter, Toxoplasma gondii	Meat and poultry at or above the USDA recommended internal temperature

SAFE INTERNAL COOKING TEMPERATURES

- 145 °F**: Beef, pork, veal and lamb steaks, roasts and chops with a 3 min rest time; Fish
- 160 °F**: Egg dishes
- 165 °F**: Whole, ground or pieces of chicken, turkey and duck

DANGERS OF LISTERIA AND TOXOPLASMA GONDII

Listeria monocytogenes: Pregnant women are **10 times more likely** to get Listeriosis. These foodborne illnesses can infect your baby even if you do not feel sick.

Toxoplasma gondii: **50%** of Toxoplasmosis infections in the U.S. are acquired from food.

Listeriosis can cause: Meningitis, Pregnancy failure, Stillbirth, Infant death

Toxoplasmosis can cause babies to develop: Hearing loss, Blindness, Intellectual disability, Brain or eye problems later in life

REMEMBER: **Clean:** Wash hands and surfaces often. **Separate:** Keep raw meat and poultry separate from ready-to-eat foods. **Cook:** Cook foods to the proper internal temperature. **Chill:** Get leftovers to the fridge within 2 hours of being cooked.

USDA | Ag Council | www.foodsafety.gov | ADDITIONAL SOURCE: CDC

Download, Print, Display and Share this flyer with your pregnant customers regarding Food Safety.

This flyer is filled with important information on:

- Foods to Avoid
- Safe Cooking Temperature
- Dangers of Listeria and Toxoplasma Gondii

Food Safety For Baby & Me

Add'l. Food Safety (and more) Resource Links for Pregnant Women-

[Go 40 °F or Below – Reducing Risk for Expecting Mothers](#)

[Protect Your Baby and Yourself From Listeriosis](#)

[People at Risk: Pregnant Women](#)

[Food Safety for Pregnant Women](#)

[FDA Dietary Advice for Moms to Be](#)

[FDA Nutrition: Advice about eating fish](#)

[Infant and Toddlers](#)

[CDC: How to Clean, Sanitize, and Store Infant Feeding Items : English](#)

[CDC: How to Clean, Sanitize, and Store Infant Feeding Items : Spanish](#)

[Diaper Safety In the Home PDF](#)

Provide Your Feedback Answer 4 Quick Questions About This Newsletter. [Click Here](#) - Thank you!

Racial Disparities in Ohio's Birth Outcomes

982

Babies died before their first birthday in 2017

15.6

Black infant mortality rate in 2017

5.3

White infant mortality rate in 2017

According to the [Ohio Equity Institute](#), black infants in Ohio die at nearly three times the rate of white infants. Infant deaths are an important



indicator of the overall health of a community. Ohio ranks near the bottom in black infant deaths and overall infant mortality nationwide. In 2017 Ohio's Black Infant Mortality rated **15.6** as compared to the **5.3** for White Infant Mortality. All Races score rated a **7.2**. Currently Ohio's target is to achieve 6.0 or fewer infant deaths per 1,000 live births in every racial and ethnic group- *Infant mortality is defined as the death of a live-born baby before his or her first birthday. An infant mortality rate is the number of babies who died during the first year of life per 1,000 live births.*

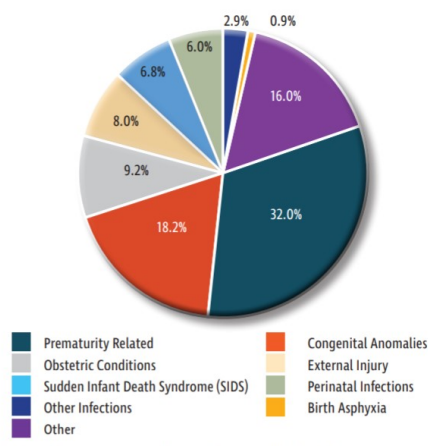
[Read More Here](#)

INFANT MORTALITY

Did you Know...

- Infant Mortality is defined by The Centers for Disease Control as the death of a living baby before his/her first birthday
- The infant mortality rate is an estimate of the number of infant deaths for every 1,000 live births
- 1,024 infants died in Ohio in 2016

Figure 4: Proportion of Cause of Infant Death in Ohio (2017)



Source: Ohio Department of Health, Bureau of Vital Statistics.

- In 2016, Ohio experienced 1.9% increase in infant mortality compared to 2015.
- The national “Healthy People 2020” infant mortality rate objective establishes a goal of reducing the infant mortality rate to 6.0
- The most current data from 2016 suggests that Ohio’s infant mortality rate is 7.4
- In Franklin County, 165 infants did not reach their first birthday in 2016, according to the Ohio Department of Health
- This places Franklin County’s infant mortality rate at a staggering 8.7 per 1000 live births

Click directly on the image above for more information regarding :
Ohio Infant Mortality Data

- In Ohio, African-American babies die at more than three times the rate of white babies (which reflects a similar national statistic)
- Columbus has one of the highest infant mortality rates of America’s 50 largest cities.

DIAPER BANKS



At the Columbus Diaper Coalition we believe that access to diapers is a basic human need, and that something as simple as a fresh, clean diaper can provide health and happiness to families and babies in need.

The Columbus Diaper Coalition

The **Columbus Diaper Coalition** does not give free diapers directly to customers. Instead they partner with local food banks, pantries and other social organizations who help those in need. You can refer your customers to one of the coalitions partnering agencies by clicking the link below which will take you to the partner agencies on the Coalition's website.

[How to Get Free Diapers](#)

ADDITIONAL DIAPER BANK RESOURCES

Cloth Diaper Connection - <http://clothdiaperconnection.org/apply/>

This organization will lend you a set of 24 cloth diapers that can be used instead of disposable diapers if you meet the following requirements

- You must be receiving benefits through WIC, Medicaid, or the Ohio Food Assistance Program (SNAP).
- You must live in Franklin County or one of the surrounding counties and be willing to attend a cloth diaper meeting in Columbus.
- You must be pregnant or be the parent/guardian of a child using diapers.

GroVia Gives - www.grovia.com/grovia-gives.html

GroVia Gives is a US-based cloth diaper lending program intended to help families with temporary or long term financial struggles diaper their babies. For a small fee, qualified families can receive a set of new GroVia diapers. To qualify you must provide:

- Proof of Need: WIC card or check with applicants’ name on it, Food Stamp Card

- Proof of Child or Pregnancy: Birth Certificate, Insurance Card (please block out the numbers), Official hospital or State record or Letter from Health Care Provider. Please provide only one for each child.
- To be eligible your child must be age 3 or under

Need A Car Seat?

The City of Columbus & Columbus Public Health can Help!

Columbus Public Health can provide car seats and booster seats at a reduced cost to families in need; *based on income*.



In order to receive a seat, families must:

1. Be referred by their **WIC clinic** or by a **Columbus Public Health Home Visiting** program.
2. Families must participate in a 60 - 90 minute class on the safety features of the car seat, including car seat installation.
3. For more information call **(614) 645-7748**.

All seats are new. [Click Here](#) to view program details.

RESOURCE LINKS

Expectant Mothers:

WIC How to Apply · About WIC · WIC Frequently Asked:

- <https://www.fns.usda.gov/wic>
- [WIC Fact Sheet](#)
- [WIC Farmers Market Information](#)
- <https://www.benefits.gov/benefit/2068>

WIC Works Resource Center

- <https://www.columbus.gov/celebrate-one/About-CelebrateOne/>
- <https://ohiobetterbirthoutcomes.org/>
- <http://ohiobetterbirthoutcomes.org/wp-content/uploads/2016/04/OBBO-StepONE-Flyer.pdf>
- <http://ohiobetterbirthoutcomes.org/wp-content/uploads/2016/04/OBBO-StepONE-Infographic.pdf>
- <http://ohiobetterbirthoutcomes.org/wp-content/uploads/2016/06/Postpartum-Flier-Final.pdf>
- http://ohiobetterbirthoutcomes.org/wp-content/uploads/2016/06/Postpartum-Flyer_Spa_Final.pdf

<https://odh.ohio.gov/wps/portal/gov/odh/know-our-programs/maternal-child-health-program/ocpim/ocpim>

[ODH Kicks Off Statewide Infant Safe Sleep Campaign:](#)

Visit <http://www.safesleep.ohio.gov>

[Ohio Equity Institute](#)

[Infant Vitality Community Intensive Pilot Projects](#)

[Ohio Infant Mortality Reports](#)

[Prevent Infant Mortality Ohio](#)

[Maternal and Child Health Program](#)

[Count the Kicks](#)

[Ohio Healthy Start Program](#)

[Ohio Medicaid introduces primary care program to advance child health and wellness](#)

[Special Milk Program for Ohio](#)

[Insure Kids Now!](#)

[National Women's Health Information Center](#)

- <https://www.womenshealth.gov/pregnancy>

[Common questions about breastfeeding](#)

- [How to get a good latch](#)
- <https://www.womenshealth.gov/supporting-nursing-moms-work>

[Vaccines and Immunizations](#)

[Public Charge and Nutrition Benefits: Effect on Immigration Status](#)

[Maternal and Child Health Bureau](#)

[Depression during and after pregnancy - English PDF](#)

[Depression during and after pregnancy - Spanish PDF](#)

[Intimate Partner Violence \(IPV\) Toolkit](#)

Car Seat Resources:

- www.safekids.org Safe Kids Worldwide is the only non-profit organization dedicated solely to the prevention of unintentional childhood injury — the number one killer of children ages 14 and under.
- www.NHTSA.gov The National Highway Traffic Safety Administration provides information on car seat recalls, statistics related to death and injury in motor vehicle crashes, and information on how to report a defect with your child restraint.
- www.cpsc.gov The Consumer Product Safety Commission keeps your family safe by checking product recalls and safety news from CPSC. This site allows you to report an unsafe product. It also provides a free service that allows you to sign up receive new recalls and safety information.

Car Seat Safety Check Schedule

- <https://odh.ohio.gov/wps/portal/gov/odh/know-our-programs/child-injury-Prevention/child-passenger-safety/>
- Ohio Child Passenger Safety brochure.

Fatherhood/Partners:

- <https://health.usnews.com/health-care/patient-advice/articles/2017-11-21/the-role-men-play-in-the-health-of-a-pregnancy>
- <https://www.columbus.gov/celebrate-one/Infant-Vitality-Toolkit/Home/>
- [Are you ready to be a dad?](#) PDF printable flyer/handout
- <https://dadsadventure.com/>
- <https://dadsadventure.com/become-dad/>
- <https://dadsadventure.com/supporting-a-new-mom/>
- <https://dadsadventure.com/keeping-your-baby-healthy/>
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