



Sedgwick County...  
working for you

# Special Delivery

A newsletter for pregnant and parenting families

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## Topic of the Month: Preterm Birth

November is Prematurity Awareness Month.

Preterm birth (prematurity) is the birth of a baby before 37 weeks of pregnancy.

About 1 in 10 babies born in the U.S. are premature. That's about 380,000 babies each year.

### Some important steps to help reduce the chance of preterm birth include:

- Get prenatal care as soon as you think you may be pregnant and throughout the pregnancy.
- Avoiding alcohol and illicit drugs.
- Quit smoking.
- Talk to your provider about your weight.
- Get treated for chronic health conditions, like high blood pressure, diabetes and thyroid problems.
- Reduce your stress.

- Wait at least 18 months between giving birth and getting pregnant again.
- Seek medical attention for any warning signs or symptoms of preterm labor.

### What are the warning signs of preterm labor?

- Contractions (the abdomen tightens like a fist) every 10 minutes or more often.
- Change in vaginal discharge or bleeding from the vagina.
- Pelvic pressure—the feeling that the baby is pushing down.
- Low, dull backache.
- Cramps that feel like a menstrual period.
- Abdominal cramps with or without diarrhea.

### What should you do if you think you are experiencing preterm labor?

- If you think you are experiencing preterm

labor, it is important that you call your doctor right away.

- If you are having preterm labor, your provider may be able to give you medicine so that the baby will be healthier at birth.

For questions or more information on preterm labor, contact your doctor or Healthy Babies Provider.

CDC, 2016



You can reduce your risk factors to help make you less likely to have preterm labor.

# Breastfeeding Star - Madoline & Myla

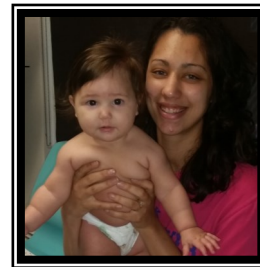
Madoline is our breastfeeding star for this quarter. She has successfully breastfed her daughter, Myla, for six months and plans to continue! Madoline says she made the decision to breastfeed her daughter because *"She wanted to give her daughter the best and start her health on the right foot."*

One of the biggest challenges that Madoline has experienced from breastfeeding is getting mastitis for a week. She was able to overcome this

challenge by treating the infection and continuing to breastfeed Myla. Madoline says that one of the biggest benefits of breastfeeding Myla is the connection with her baby and that *"it helps make Myla strong"*

Her advice to other mothers who are considering breastfeeding, *"Be patient and stay calm. It is time consuming, but it is worth it!"*

Congratulations Madoline and Myla on your breastfeeding success!



Madoline and Myla

## Meet Our Staff—Jamie Morales



Jamie Morales

Jamie is a community liaison at Healthy Babies. She has a Bachelor of Science degree from Kansas State University and has been doing STD/Condom/BC education for 24 years .

Jamie enjoys working at Healthy Babies because she likes helping the younger generations make healthy and informed choices about their life.

In her free time, Jamie enjoys being at the racetrack with her fiancé, capturing moments in time through pet photography, and spending time at home with her 2 dogs, 3 cats, 1 bird and a 50 gallon aquarium!

## Dish & Dine—Breastfeeding

On October 4th, we had our first *Dish & Dine* education group. It was a blast! There were lots of games, learning, food, and fun! We also had awesome door prizes taken home by two of the clients, in attendance.

The educational topic was breastfeeding. We learned about many different aspects of breastfeeding including proper pumping & storing, latch and position, myths and facts, and breastfeeding benefits.

We plan to conduct another session of *Dish & Dine* in the next few months. Ask your provider for more information at your next visit and be on the lookout for a text with details about the next event!



*Dish and Dine, October 2016*

# Community Resources

## Keeping Warm This Winter

Preparing for winter also means preparing for higher gas and electric bills. Below is information regarding the Cold Weather Rule and how to ensure that you and your family stay warm this winter.

The Cold Weather Rule allows for customers with past due gas & electric service accounts to continue throughout the cold weather period. It states:

Services should not be disconnected from November 1 through March 31

when the local National Weather Service forecasts that the temperature will be below 35 degrees within a 48-hour period.

To prevent your gas and/or electric service from being disconnected when the temperature is above 35 degrees, remember the following things:

- Inform the utility if you are unable to pay the bill in full.
- Provide the utility with needed information to enter into a monthly payment agreement.
- Enter into an 11-month payment plan

to pay the remainder of the account balance, plus the current bill.

- Apply for federal, state and/or local energy-assistance funds.

Contact your local gas company with questions about the cold weather rule.

For questions about utility assistance programs, call United Way's 211 information line.

## WIN A PRIZE for giving feedback!!!

We want to hear from you! After reading this edition of the newsletter, we ask that you visit <http://www.surveymoz.com/s3/3140897/November-2016-Newsletter-Survey>, or call the Healthy Babies Office at 316-660-7433 for a brief survey to answer questions about what's featured & let us know what you would like to see in future editions. By completing the survey you will be entered for a chance to **win a \$50 Dillions gift card to purchase you and your family groceries!** All surveys must be completed by December 16th, 2016 to qualify. The drawing will be held on December 19th, 2016. We appreciate your cooperation and feedback!





*Sedgwick County...*  
*working for you*

Sedgwick County Health Department  
Healthy Babies  
434 N. Oliver - Wichita, KS 67208



Southwestern Chicken & White Bean  
Soup

## Healthy Recipe

### Southwestern Chicken & White Bean Soup

#### Ingredients

- 2 cups shredded cooked chicken breast
- 1 tablespoon 40%-less-sodium taco seasoning
- 2 (14-ounce) cans fat-free, less-sodium chicken broth
- 1 (16-ounce) can cannellini beans or other white beans, rinsed and drained
- 1/2 cup green salsa

#### Preparation

1. Combine chicken and taco seasoning; toss well to coat. Heat a large saucepan over medium-high heat. Coat pan with cooking spray. Add chicken; sauté 2 minutes or until chicken is lightly browned. Add broth, scraping pan to loosen browned bits.
2. Place beans in a small bowl; mash until only a few whole beans remain. Add beans and salsa to pan, stirring well. Bring to a boil. Reduce heat; simmer 10 minutes or until slightly thick. Serve with sour cream and cilantro, if desired.