

Reproductive Health Education (RH Ed) is an educational newsletter from the Health Advocates at Finger Lakes Community Health. This newsletter covers all reproductive health topics, in addition to related services offered at our health centers.

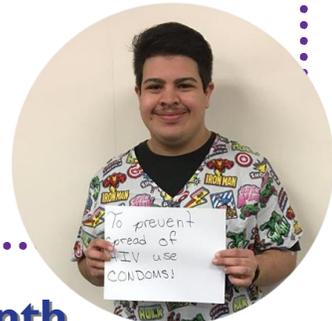
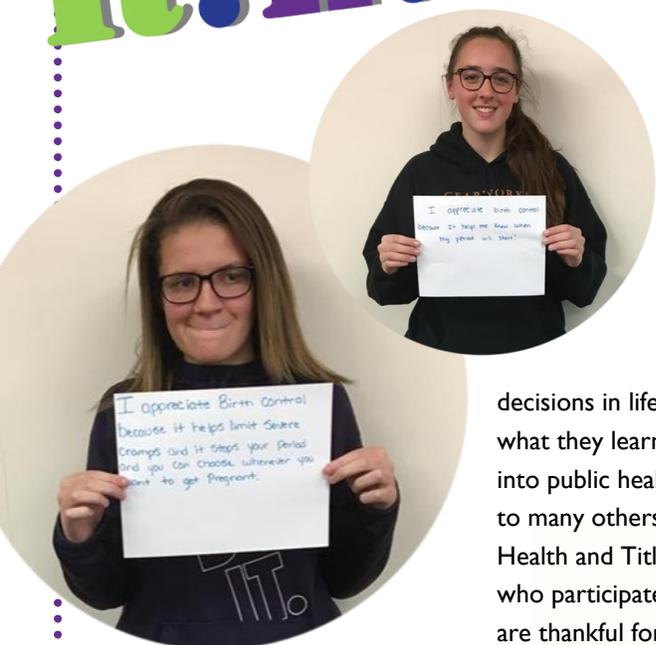
R.E.A.L.

Our **REAL** (*Responsible for Every Action in Life*) program helps students learn about relationships, goals and priorities, communication, contraception, sexually transmitted infections, abstinence, and building life skills. Each year we run this program in coordination with established groups.

Recently our health advocate, Ken Metasavage, finished up an 8-week session with students who attend the FLTCC campus of BOCES. The growth the students made during this 8-week period was remarkable! We have enjoyed working and learning from them just as much as helping to educate them.

Forty students from Dundee, Penn Yan, Geneva, Midlakes, Romulus, Victor, South Seneca, Canandaigua, Bloomfield, Honeoye, Waterloo, and Marcus Whitman participated. Those students are now peer advocates, and can help spread the program message of being prepared and educated to make healthy

decisions in life. On the last day of class, students chose a topic to teach back to the class to show what they learned, work on their public presentation skills, and really dig into public health. We look forward to running this program in addition to many others each year as supported by the NYS Department of Health and Title X. Check out these photos of some of our students who participated in **#ThxBirthControl Day**, a day to share why they are thankful for access to birth control.



January is... National Birth Defects Prevention Month

Planning pregnancy helps to increase the chance of having a healthy pregnancy and decrease the chance of birth defects. Managing health conditions and adopting healthy behaviors (such as proper diet and exercise) help to improve pregnancy outcomes. Taking a prenatal vitamin with 400mcg of folic acid every day at least one month before and during pregnancy can help prevent major birth defects that happen in the developing spine and brain of the baby during the first few weeks of pregnancy. Starting prenatal care as early as possible with a medical provider can help manage other health conditions which may impact the health of the baby or mother. Avoiding harmful substances, such as alcohol (as there is no safe time to drink during pregnancy) is helpful in the prevention of miscarriage, stillbirth, and a range of disabilities. Alcohol can cause physical, behavioral, and/or intellectual disabilities in a

developing baby, known as fetal alcohol spectrum disorders. It is also recommended that mothers avoid smoking cigarettes, or quit smoking entirely to help decrease risk of preterm birth or birth defects such as cleft palate. Using marijuana and other drugs should also be avoided during and leading up to pregnancy, as this could lead to preterm birth or low birth weight. Getting to a healthy weight prior to becoming pregnant will help decrease the possibility of serious birth defects. Complications during pregnancy may occur for women with a body mass index over 30. Getting healthy may even help increase a woman's mood! If you are thinking about becoming pregnant in the next year, make an appointment with us to discuss a healthy pregnancy and start preconception care today. This is for both partners, not just the woman carrying the baby. **Happy pregnancy planning!**

Locations:

Bath

Community Health

117 E. Steuben St
Bath, NY 14810
(607) 776-3063

Geneva

Community Health

601B Washington St
Geneva, NY 14456
(315) 781-8448

Newark

Community Health

513 W. Union St
Newark, NY 14513
(315) 573-7577

Ovid

Community Health

7150 N. Main Street
Ovid, NY 14521
(607) 403-0065

Penn Yan

Community Health

112 Kimball Ave
Penn Yan, NY 14527
(315) 536-2752

Port Byron

Community Health

60 Main St
Port Byron, NY 13140
(315) 776-9700

Sodus

Community Health

6692 Middle Rd
Suite 2100
Sodus, NY 14551
(315) 483-1199

Administrative Offices

14 Maiden Lane
Penn Yan, NY 14527
(315) 531-9102



Partner SPOTLIGHT:

Cayuga County Public Health Nurse-Family Partnership

by Susi Doyle Larson, BSN, RN

Cayuga County Health Department's Nurse-Family Partnership (NFP) is an evidence-based community health program that serves low-income women pregnant with their first baby. The pregnant woman is partnered early in her pregnancy with a registered nurse trained in the NFP model of care who provides ongoing home visits throughout the pregnancy and until the baby turns two.

Nurse-Family Partnership is free and voluntary. Nurses provide information, support, and guidance on how to:

Improve pregnancy outcomes by helping women engage in good preventive health practices, including accessing prenatal care from their healthcare provider, improving their diets, and reducing their use of cigarettes, alcohol, and illegal substances.

Foster child health and development by providing nurturing and responsible care.

Increase the economic self-sufficiency of the family by helping mothers develop a vision for their own future, plan future pregnancies, continue their education, and find employment.

Nurse-Family Partnership began in Elmira, NY in 1970 and is now available in 42 states nationwide. It continues to be a unique maternal child health program that is based on 38 years of rigorous evidence of effectiveness from randomized, controlled trials. We are very fortunate to be able to provide this model of care to pregnant women who reside in Cayuga County. **Please contact the Cayuga County Health Department at (315) 253-1560 and ask for Nurse-Family Partnership.** We accept self-referrals and referrals from health care providers and other agencies serving pregnant women.

Where Are We (FLCH) This Month?

- **January 10th:** Seneca Falls School
- **January 11th:** Seneca Falls School
- **January 14th:** Waterloo High School
- **January 15th:** Waterloo High School

**Would you like us to visit your program or school to provide evidence based programming on pregnancy prevention, STI prevention, healthy relationships and more? For more information go to www.LocalCommunityHealth.com or contact us today to schedule a time!*



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