



Healthy Lifestyle

Community Training Session



Department of
Health

Pre-Survey

Welcome to this community training session on healthy lifestyle!

Please take 2-3 minutes to complete this survey.

An empty yellow rounded rectangle box, likely intended for a survey question or response.



Healthy Lifestyle

Think about your health before and during pregnancy...

- What areas come to mind?
- What does being healthy for pregnancy mean to you?

Today's Learning Objectives

Participants will be able to:

- Describe what activities contribute to a healthy weight and lifestyle.
- Identify which vitamins are important to take before and during pregnancy.
- Identify what puts you at risk of getting Type 2 diabetes.
- Identify why it is important to monitor diabetes during pregnancy.
- Identify anemia causes and treatment.

Healthy Lifestyles

- Your best health before pregnancy.



Physical
health



Mental
health



Time for
baby?

Physical Health

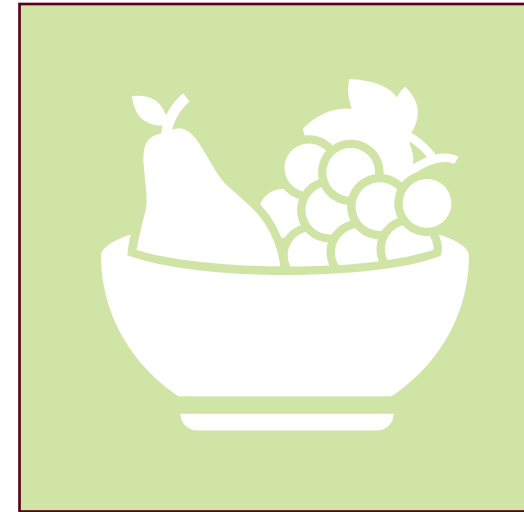
To have the best health, you'll want to focus on 3 areas.



Healthy
weight



Physical
Activity



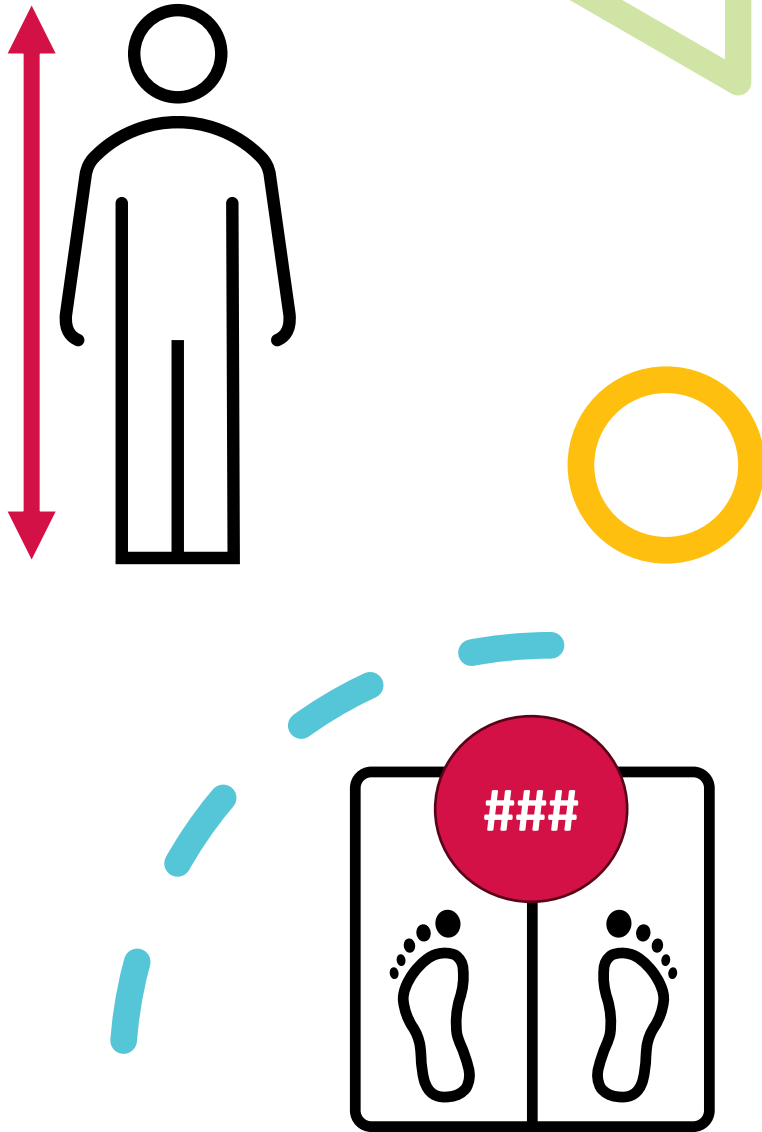
Healthy Food
& Vitamins

Physical Health + Reproductive Health

- Why does it matter?
- Pregnancy is hard on your body!
- Your body needs many vitamins and nutrients to make a healthy baby.
- If your health isn't the best it could be, it can be harder to have a baby.

Healthy Weight

- Know your Body Mass Index – or BMI.
- BMI is a number calculated from your height and weight.
- BMI is an easy way to look at body sizes that may lead to health problems.
- Remember weight is just one part of being healthy.



Calculate BMI

- Access a BMI calculator by scanning here:
- Or go to the website: <https://go.osu.edu/bmicalc>
- Enter your height and weight to get a number



BMI Categories:



Weight and Pregnancy Risk

BMI Categories:



Risks when underweight

- Baby is too small
- Baby born too early
- Limited nutrients for you and baby

Risks when obese

- Baby is too big
- Gain more weight
- Develop diseases during pregnancy that could hurt you and your baby

Healthy Weight

Move your body

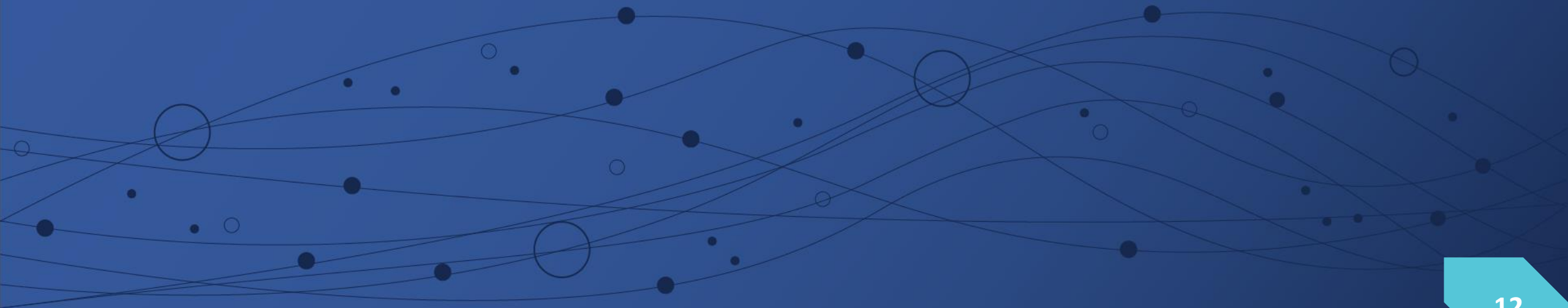


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Eat healthy food



Part 1: Moving your body

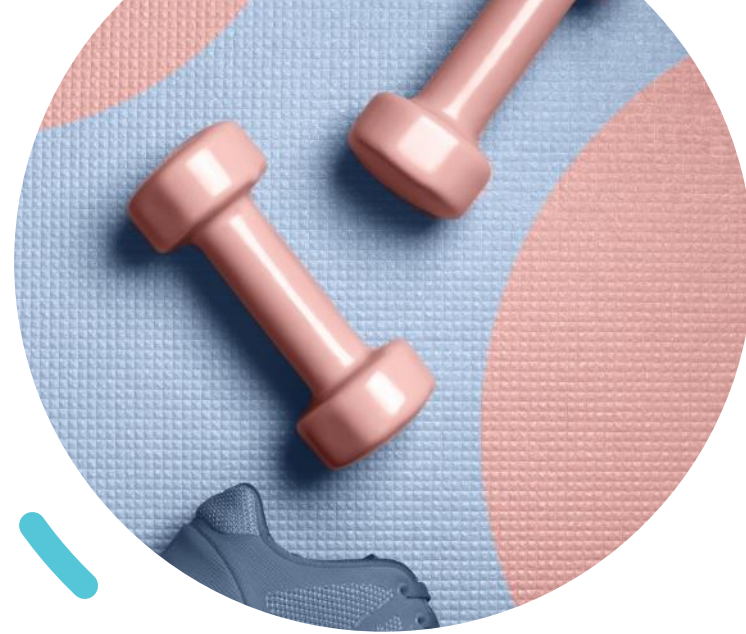


Move Your Body: Cardio



Move Your Body: Strength

- Build muscle
- Gain flexibility
- Examples include:
 - Lifting weights
 - Push Ups
 - Squats
 - Yoga





Move Your Body: How much?

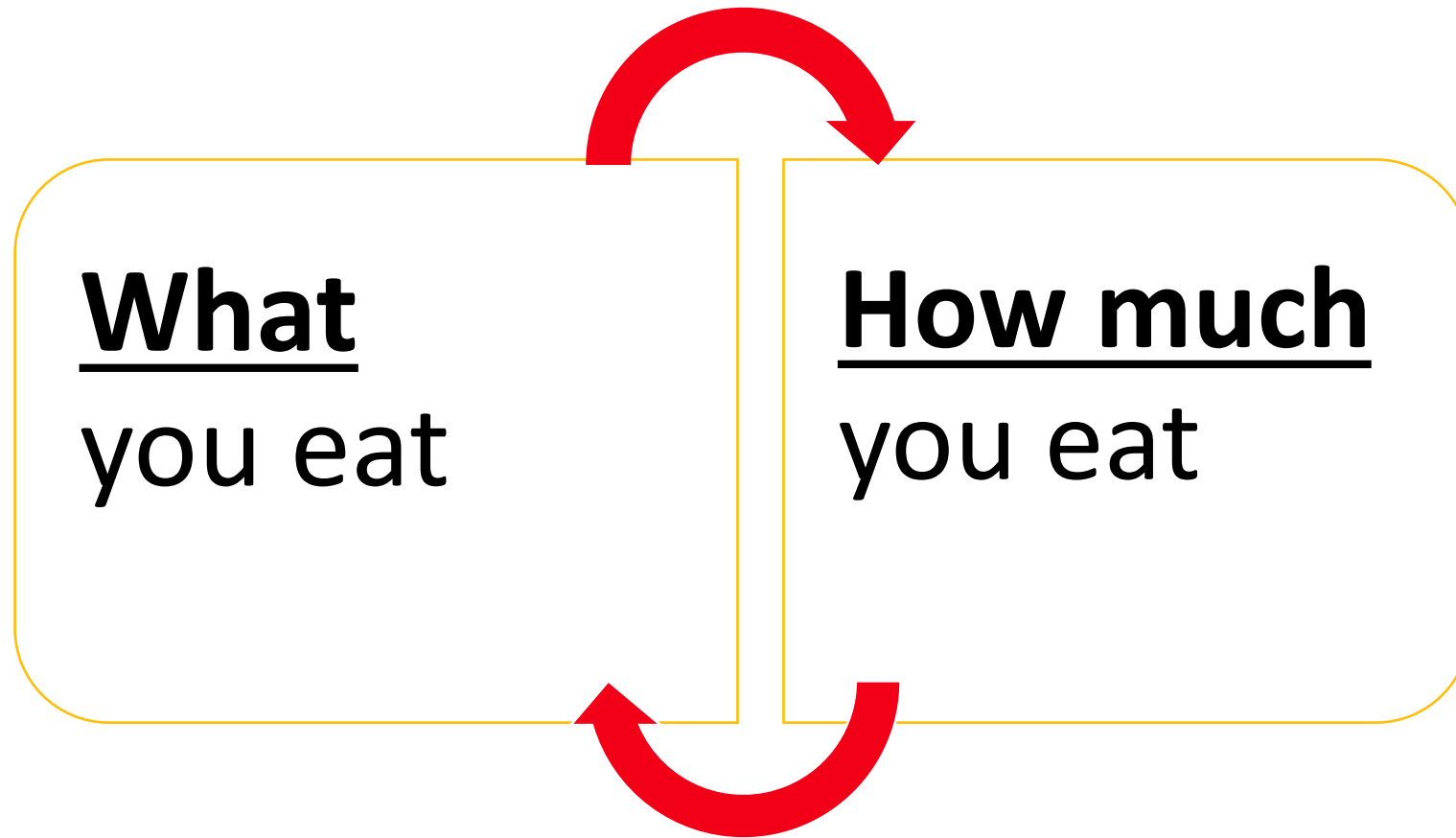
- **150** minutes per week.
- About 30 minutes, 5 times a week.

No access to a gym? No problem!

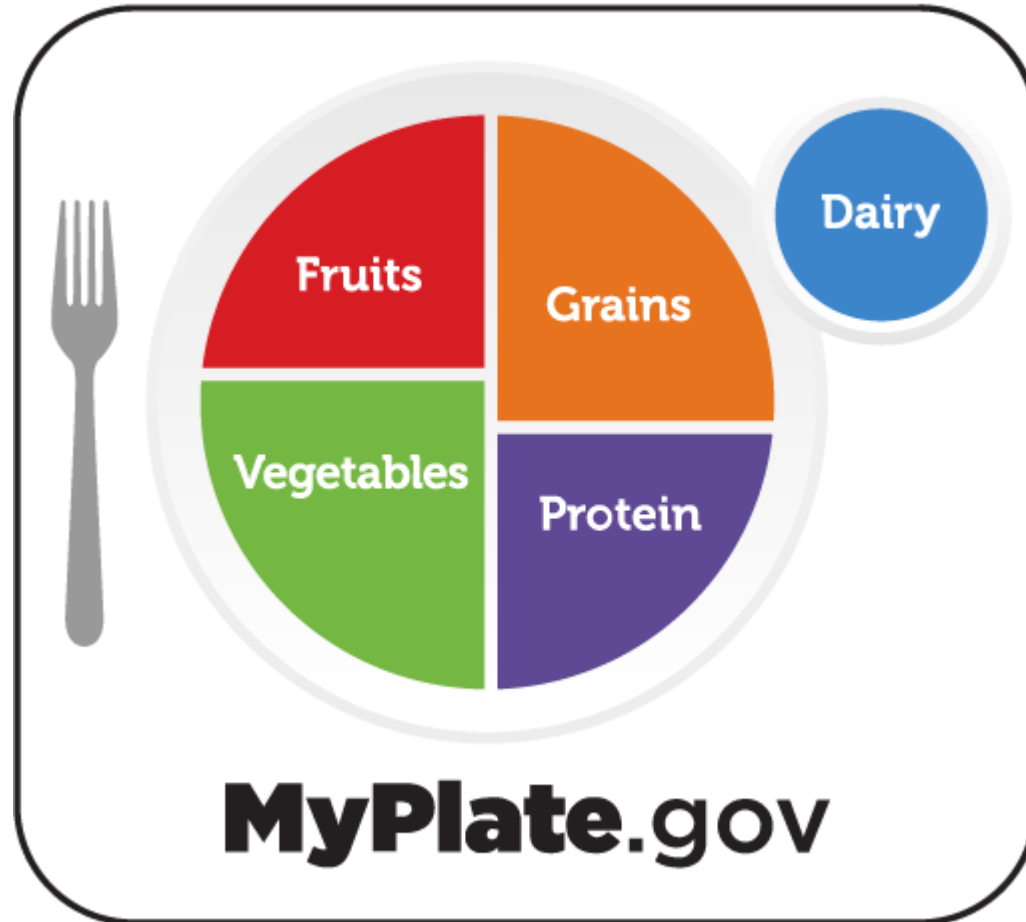
- Walk or jog around your neighborhood
- Use stairs at your house
- Access free workout videos (YouTube, Nike Training Club app, etc.)
- Body weight exercises (push ups, squats, lunges, etc.)
- No weights? Use household items (gallon of milk/water, etc.)

Part 2 – Food Choices

Food Choices



What to eat?



Go to [MyPlate.gov](https://www.MyPlate.gov) to learn more about healthy eating.

What foods to limit?

- Added sugar
- High salt
- Trans fat
- Cholesterol



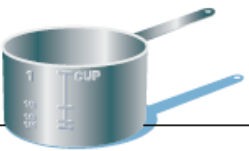

How much to
eat?

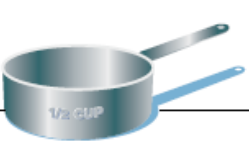

Portion Sizes

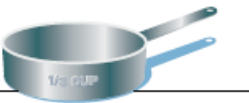
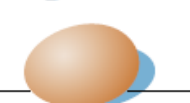


Try the **MyPlate Plan**
tool at [MyPlate.gov](https://www.MyPlate.gov)
to create your
custom food plan

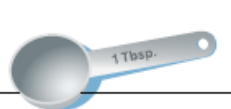
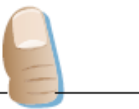
Visual Tips for Portion Sizes

1 cup =  = 

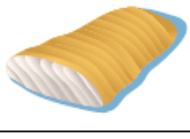
1/2 cup =  = 

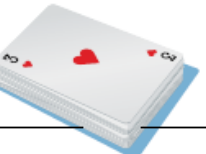
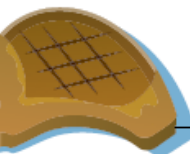
1/3 cup =  = 

2 Tablespoons =  = 

1 Tablespoon =  = 

1 teaspoon =  = 

1 ounce (oz) =  = 

3 ounces (oz) =  = 

What to eat?

- One example
- Chicken with rice
- Served with salad and fruit




Photo and recipe from: <https://www.myplate.gov/recipes/myplate-cnpp/arroz-con-pollo>

Vitamins

Multi-Vitamin

- For any non-pregnant person
- Take once a day



**One a day is enough.
Too many vitamins can
be bad for you!**

Prenatal Vitamin

- Before, during or after pregnancy
- Your body needs more vitamins for pregnancy
 - Folic acid (or folate)
 - Iron
 - Calcium
 - DHA
 - Zinc

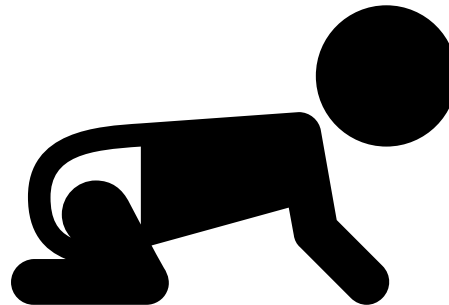
Ready for another baby?

- Think about when.
- First, start with a healthy body.
- Your body needs time to heal.
- If you don't wait 18 months, your next baby may be premature or have a low birth weight.

Not ready? Talk to your provider about birth control options.

About 35% of
Infant deaths
are preterm-
related*

Wait until I'm
18 months old to get
pregnant again.



Chronic Disease



What is a chronic disease

- A disease that lasts 1 year or longer
- May get worse over time
- Examples include:

Heart
Disease

Diabetes

Depression

High Blood
Pressure

About **1 in 4** people
aged 18-44 have a
chronic disease

Chronic Disease and Pregnancy

Chronic disease can make it:

- Hard to get pregnant
- Difficult to have a healthy baby
- Dangerous for mom and baby during pregnancy

Knowing is power!

See your **healthcare provider** to get tested for chronic disease before pregnancy.

Diabetes: What is it?

- Extra sugar builds up in your blood
- Your body can't process sugar and starch correctly
- Can cause serious health problems before, during and after pregnancy
- Common symptoms



**About 1 in 9
women in the U.S.
have diabetes.**

Diabetes: How do you get it?

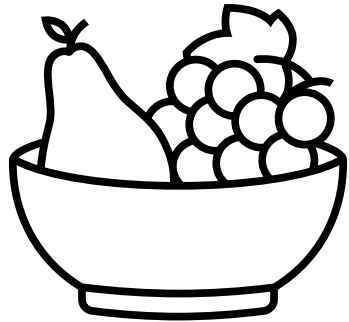
- Anybody can get diabetes.
- You are more likely to get diabetes if you:
 - Are **overweight or obese**.
 - Have a **family history** of diabetes.
 - Have a diagnosis of **prediabetes**.
 - Are **older than 25** and are **Black, Indian, Asian, Hispanic, or Latino, or Pacific Islander**.
 - Delivered a **baby over 9 pounds**.
 - Had **gestational diabetes**.



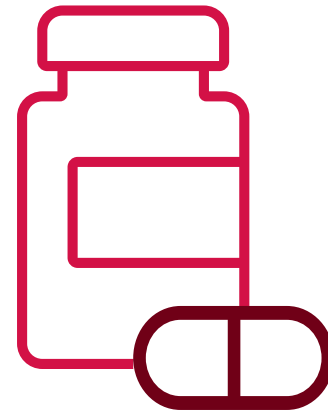
Take the
Prediabetes
Risk Test

Diabetes: How do you treat it?

Food choices + Physical Activity



Medicine



- Your healthcare provider will suggest the best options for you

Diabetes & Pregnancy?

- Different types of diabetes
 - Gestational diabetes (GDM) – your body can't make enough insulin during pregnancy
 - Type 2 diabetes
 - Type 1 diabetes
- Important to see your healthcare provider more often
- Risks for you and your baby if diabetes is not closely watched
 - Give birth too early
 - Deliver large baby (more than 9 pounds)
 - Baby born with low blood sugar

**Watch your
blood sugar and
see your healthcare
provider often!**

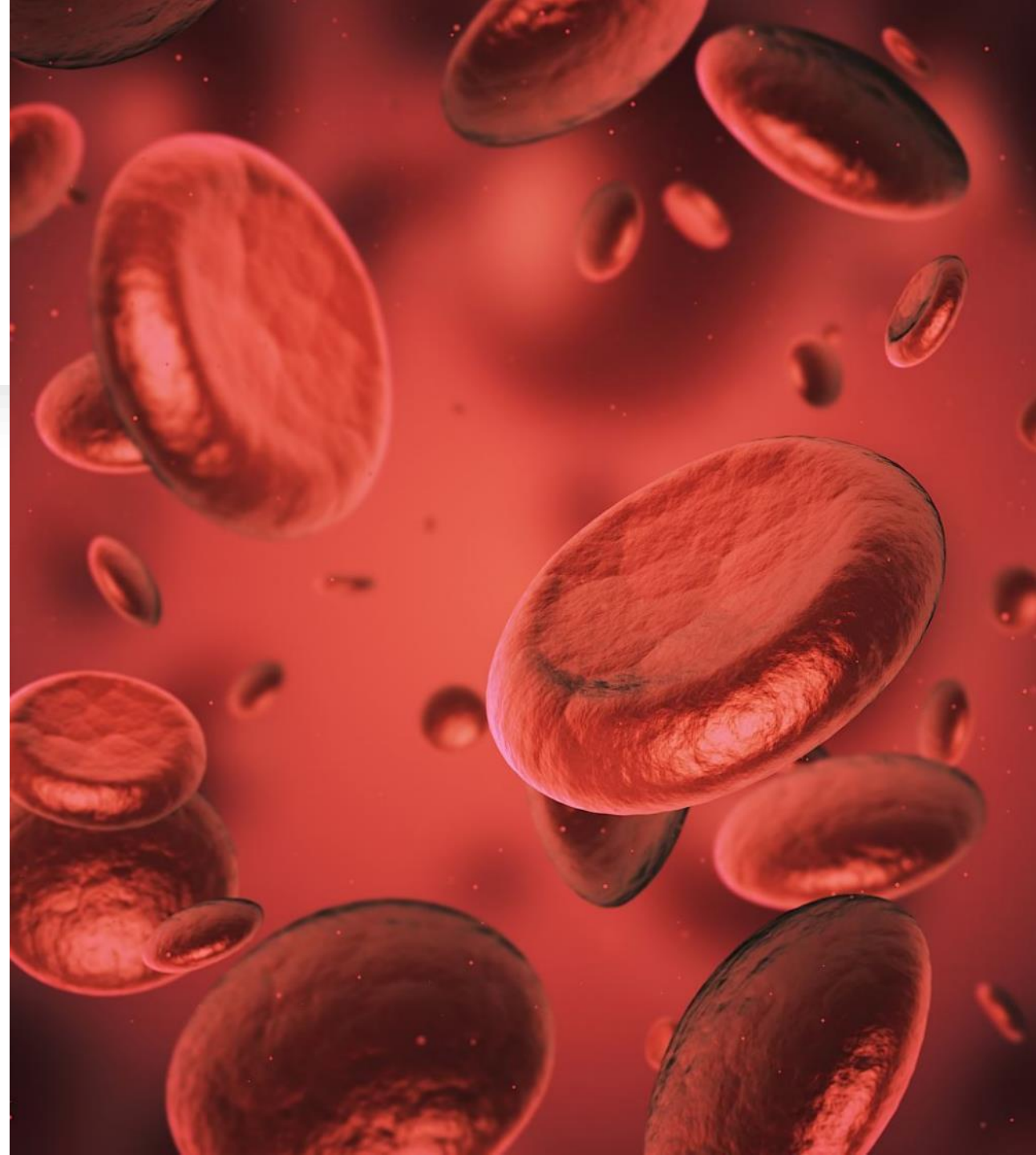
How is a pregnancy with GDM different?



**Did you have GDM while pregnant?
Get re-tested for diabetes before
your baby is 3 months old!**

Anemia

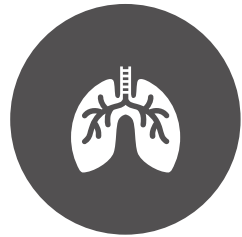
What is Anemia?



Symptoms of Anemia



Tiredness



Shortness of
breath




Low blood
pressure



Irregular
Heartbeat



Depression



Get tested for Anemia

If you have anemia, you may need to:

- Take iron pills
 - Make changes to your diet
- 



Iron-Rich Foods

- **Meat, Eggs & Seafood:** Beef, lamb, ham, pork, chicken, turkey, shrimp, tuna.
- **Beans & Other foods:** Dried beans, lentils, dried peas, tofu.
- **Vegetables:** Sweet potatoes, spinach, broccoli, string beans, kale, peas, peppers.
- **Dried fruits:** Raisins, apricots, peaches.
- **Fruits:** Oranges, strawberries, watermelon.
- **Bread & Cereals:** Whole wheat bread, enriched pasta, enriched cereal



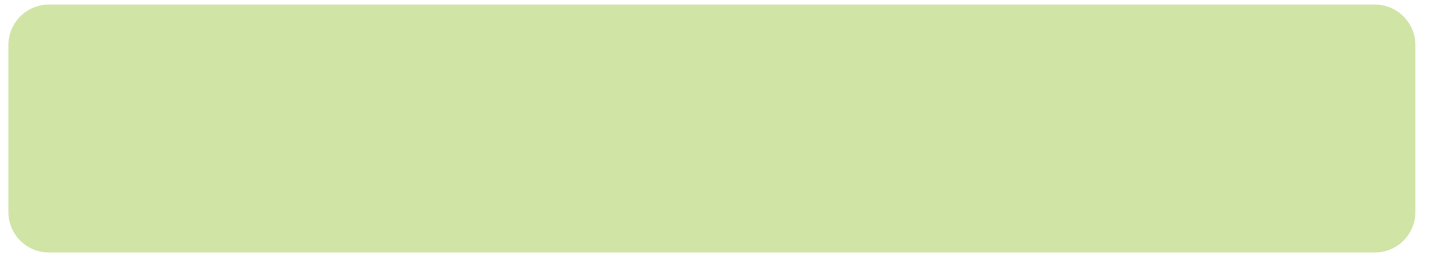
Wrap Up

- Describe what activities contribute to a healthy weight and lifestyle.
- Identify which vitamins are important to take prior to and during pregnancy.
- Identify what puts them at risk of developing Type 2 diabetes.
- Identify why it is important to monitor diabetes during pregnancy.
- Identify anemia causes and treatment.

Post-evaluation Survey

Thank you for attending this community training session on healthy lifestyle!

Please take 2-3 minutes to complete this survey.



Questions



Resources

BMI Calculator



Pre-Diabetes
Risk Test



Ohio Dept. of Health
Resources for Women



Community Resources: Exercise & Nutrition

Ohio Dept. of Health
Healthy Eating Resources



Acknowledgement

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