



Movin' and Groovin'...and Eating Well

The California Black Infant Health Program Addresses Nutrition and Physical Activity

Martha E. Dominguez, MA, MPH and Suzanne Haydu, MPH, RD

California Department of Public Health; Maternal, Child & Adolescent Health Division



PURPOSE: To improve and sustain physical activity and healthy eating practices among CA Black Infant Health Program participants.



Background

- African-American women are more likely to enter pregnancy overweight/obese and more likely to gain excessive weight during pregnancy.¹
- Excessive gestational weight gain and lack of physical activity have been recognized as independent risk factors for maternal and fetal complications that can have significant lifelong consequences.^{2,8}
- Being overweight or obese during pregnancy is associated with prenatal morbidities including hypertension, diabetes, macrosomia, cesarean delivery, preeclampsia, congenital anomalies and large-for-gestational-age babies.^{2,4}

Contributing Factors

- Low-income African-American mothers frequently have perceptions that encourage high gestational weight gain due to lack of social support and family traditions, beliefs, eating habits, and body images.^{4,6,8}
- Other factors that influence gestational weight gain:⁶
 - Mothers consume more calories due to an increase in appetite or belief that it is needed for the baby
 - Family and friends reinforce the idea of eating for two in order to have a healthy baby

Perceived Barriers

Main barriers to not being physically active during and after pregnancy:³

- Existing health conditions
- Environment is not conducive
- Lack of time, work or social conflicts, being too busy
- Lack of energy, feeling tired or sleepy



California Black Infant Health Program



Using Title V funding, the Maternal, Child and Adolescent Health (MCAH) Division of the Center for Family Health, within the California Department of Public Health, administers the California Black Infant Health (BIH) Program. This program helps women develop life skills, reduce stress and build social support through 20 group sessions led by facilitators who utilize a standardized curriculum, which covers health disparity topics.

To learn more about the BIH Program, visit us: www.cdph.ca.gov/blackinfanthealth

Module Overview

The BIH Program developed a comprehensive nutrition and physical activity module for the Program curriculum to improve and sustain healthy eating practices and physical activity among BIH participants. The module was developed with an African-American women's equity lens to ensure culturally-appropriate approaches and messages. The module includes cultural foods and addresses challenges such as providing techniques to style hair so that it does not interfere with physical activity.

Motivational Approaches

To change eating habits and increase physical activity, two primary methods were applied to motivate participants in this module:⁸

- Inform participants about health conditions associated with obesity, such as gestational diabetes and high blood pressure
- Promote and increase participant's self-efficacy (confidence to change their behaviors), such as consuming more vegetables and fruits and being physically active

Selective Module Topics



Health over Hair Move your Body Soulful Healthy Recipes



Hair over Health?
Health is everything. Don't let your hair get in the way of your well-being.

Tried-and-true methods to Maintain your Hair While Working Out

- Smooth your hair into a high ponytail.
- Tie your hair back with a satin scarf, bandana or wide headband.
- Leave your hair in the ponytail and tied down until it is completely dry.
- If your hair is natural, simple styles such as 2-strand twists and puffs are workout-friendly.
- To avoid dry, crunchy hair after your workout, mix a little bit of water and leave-in conditioner into a travel-sized spray bottle and keep it in your gym bag to refresh curls post-workout.

Healthy Recipes

- Soulful Recipes - African American Cookbook
- Heart Healthy Home Cooking
- Other healthy recipes:

Exercise Tips

- First, start out slow.
- Drink plenty of fluid and listen to your body.
- To keep track of your physical activity, go to Super Tracker at www.choosemyplate.gov/supertacker
- When you increase your workout time or level of intensity, talk to your doctor.
- If you feel out of breath or have nausea, you should stop exercising.
- Exercise with a partner whenever possible.
- Wear appropriate clothing and appropriate footwear.
- Choose convenient location (i.e., park, home)
- Choose activities that are fun and enjoyable!

Move Your Body!

<http://www.youtube.com/watch?v=UfVt0zAQ3tY&feature=related>

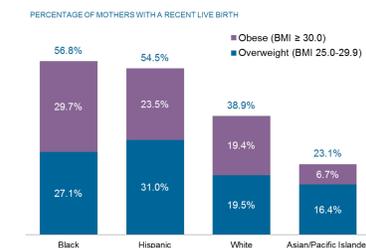
Soulful Healthy Recipes!

Jumpin' Jambalaya

Good-for-You Cornbread

Body Mass Index (BMI) & Gestational Weight Gain

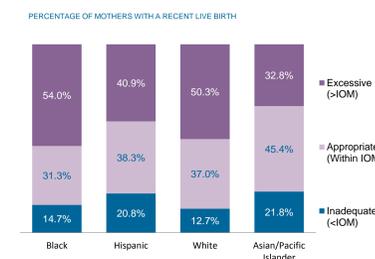
Overweight and Obesity Prior to Pregnancy by Race/Ethnicity, California, 2010



Data Source: The Maternal and Infant Health Assessment (MIHA) is an annual population based survey of women with a recent live birth with a sample size of n=8,117 in 2010.



Maternal Weight Gain During Pregnancy by Race/Ethnicity, California, 2010



Data Source: The Maternal and Infant Health Assessment (MIHA) is an annual population based survey of women with a recent live birth with a sample size of n=8,117 in 2010. Note: Recommended weight gain during pregnancy based on Institute of Medicine (IOM), 2009 guidance.



BMI = pre-pregnancy weight (kg) / height (m)²

Module Status

- This module is currently being incorporated into the BIH Curriculum to improve nutrition and physical activity outcomes.
- This module will be used by all 15 BIH local health jurisdictions where more than three quarters of African-American live births occur in California.
- BIH will continue to monitor nutrition and physical activity behaviors among BIH participants.

Acknowledgements

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For any questions about the California Black Infant Health Program or this module, please email us at: BlackInfantHealth@cdph.ca.gov

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- Photographs Courtesy of: Center for Disease Control Prevention, Public Health Image Library/Amanda Mills & San Francisco Black Infant Health Program