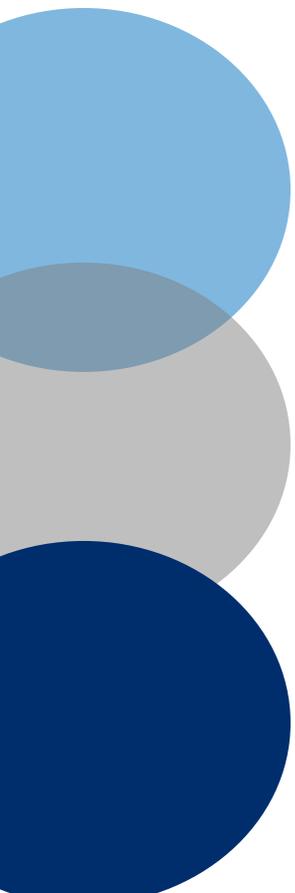


FIND YOUR FIT

Take Action Guide

Individual Pledge

MATERNAL, INFANT & CHILD HEALTH





Individual Pledge

Maternal, Infant & Child Health

Table of Contents

Copy of Find Your Fit Individual Pledge	2
Healthy Tri-County Overview	2
Beginner Level Action Items Checklist	3
Intermediate Level Action Items Checklist	4
Appendix	5
Acknowledgements	8
Additional Support, Contact Information	8

Individual Pledge

By downloading this Take Action Guide, you've decided that something needs to change in the healthcare conversation in our community. Find Your Fit as part of Healthy Tri-County is designed to give you the tools and resources you need to be an agent of change. You're encouraged to take the pledge at <https://www.healthetricounty.com/take-pledge> to demonstrate your commitment.

Thank you for your part in improving health and well-being in the Tri-County.

I pledge to participate in improving the health and well-being of myself, my family, and my community by taking action and by taking care.

I pledge to educate myself and others, using safe and reputable resources, on any health topics prior to making lifestyle changes or long-term healthcare decisions.

I pledge to familiarize myself with local resources and services available in my community.

I pledge to hold myself accountable for my own healthcare outcomes.

Healthy Tri-County

Mission: Improve the health and well-being of every person and community within the Tri-County region

Healthy Tri-County (HTC) is a regional initiative to improve the health and wellbeing of every person and community in Berkeley, Charleston and Dorchester counties. This initiative grew out of collaborative work by MUSC Health, Roper St. Francis Healthcare and Trident United Way on the 2016 Tri-County Community Health Needs Assessment. It became clear that facilitating impactful health efforts would require the engagement of diverse community stakeholders using the principles of collective impact.

HTC realized that the potential to achieve real change as outlined in [Our Health, Our Future: Tri-County Health Improvement Plan 2018-2023](#) (TCHIP) would be made more effective if put into the hands of the community. Find Your Fit supports HTC in achieving the goals and recommendations of the TCHIP, the first comprehensive health improvement plan in our region that provides concrete recommendations and action steps for improving health outcomes that can be carried out by a wide range of local organizations, groups and individuals.

HTC is powered by Trident United Way in equal partnership with Roper Saint Francis Healthcare and MUSC Health.

Available Services

- If you are trying to get pregnant, speak with your doctor about available family planning services
 Ongoing
- If you are trying to get pregnant, speak with your doctor about recommended prenatal care
 Ongoing
- Review your current birth control method with your primary care physician or gynecologist at your annual wellness visit and discuss if Long Acting Reversible Contraceptives (LARCs) may be right for you
 Annually

Awareness

- Use social media to promote breastfeeding friendly practices and messaging
 Ongoing

 Visit www.llli.org for a helpful info

Personal Accountability

- Ensure bottles and toys are BPA-free
 Ongoing
- If you are of childbearing age, add folic acid supplements and prenatal vitamins to your daily diet
 Daily
- Keep an updated calendar of your child's immunization schedule and future appointments to ensure no vaccination date is missed
 Ongoing
- Talk to your child's doctor about recommended childhood vaccination schedules
 One-time or with upcoming birth

 Visit www.aap.org for a calendar of recommended vaccines



Awareness

- Talk to your family and friends about their issues with accessing appropriate health and/or child care – try to help them achieve solutions
- Discretionary

Community Action

- Donate folic acid supplements and prenatal vitamins to local women’s shelters, community centers, and free clinics
- Discretionary

Insurance

- Talk to your insurance company about prenatal services covered under your plan
- Annually or at the start of new coverage
- Understand your insurance coverage for delivery options, length of hospital stay, pre-term births, etc.
- Annually or at the start of new coverage

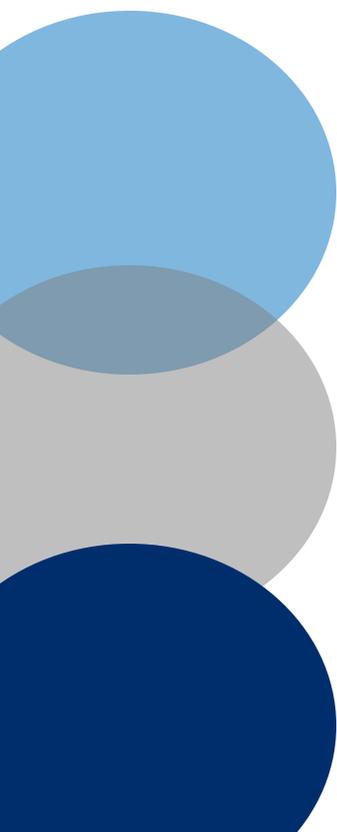
Personal Accountability

- Complete child development screenings for your children aged 9-35mos and share results with your pediatric physician
- For each child How-to support for this activity provided on page 6
- Complete infant and child CPR certification
- Re-certify as needed Links to reputable training providers given on page 6
- Educate yourself on how to do self-breast examinations
- Discretionary How-to support for this activity provided on page 7
- Educate yourself on the signs and symptoms of preeclampsia
- Discretionary How-to support for this activity provided on page 7
- Educate yourself on the signs and symptoms of postpartum depression
- Discretionary How-to support for this activity provided on page 7

FIND YOUR FIT

Appendix

MATERNAL, INFANT & CHILD HEALTH





RESOURCE

Resources for Childhood Development Screenings

Why screen? The American Academy of Pediatrics (AAP) supports early childhood screening as an essential component of health supervision that provides a foundation for monitoring and supporting healthy physical, cognitive, and psychosocial development.

Below we've given you some great places to get started on learning about how to approach your child's development.

[Click for AAP Screening Recommendations](#)

[Click to Visit HealthyChildren.org](#)

[Click for CDC's "Learn the Signs, Act Early"](#)

[Click for "Birth to 5! Watch Me Thrive!"](#)

Infant & Child CPR Certification

Why become CPR certified? CPR – or Cardiopulmonary Resuscitation – is an emergency lifesaving procedure performed when the heart stops beating. Immediate CPR can double or triple chances of survival after cardiac arrest.

American Red Cross is a leading provider of CPR certification classes in the county. Although you hope you'll never use CPR for a child or infant, it's important to know the steps so that you can help in the event of a cardiac or breathing emergency. The Red Cross provides a printable step-by-step guide which you can simply print and place them in your car, your desk, your kitchen or with your other first aid supplies, then read over them from time to time to help maintain your skills. You may also elect to take a certification course. The cost of these certification courses can range from \$68 to \$104 depending on type of class. *from redcross.org/take-a-class/cpr*

[Click to Register for a Scheduled Course](#)

[Click for Printable Step-by-Step Guide](#)



RESOURCE

Self-Breast Examinations

Adult women of all ages are encouraged to perform breast self-exams at least once a month. While mammograms can help you to detect cancer before you can feel a lump, breast self-exams help you to be familiar with how your breasts look and feel so you can alert your healthcare professional if there are any changes. *from nationalbreastcancer.org*

How to Self-Exam

40% of diagnosed breast cancers are detected by women who feel a lump, so establishing a regular breast self-exam is very important.

Signs and Symptoms of Preeclampsia

Learning about the signs and symptoms of preeclampsia can help to identify a problem early which means earlier access to important care to ensure the best possible outcome. There are many symptoms of preeclampsia that may not be apparent to you, which is why it is important to know what they are. *from preeclampsia.org*

Signs and Symptoms of Preeclampsia

Preeclampsia is a leading cause of maternal and infant illness and death. Conservatively, these disorders are responsible for 76,000 maternal and 500,000 infant deaths each year.

Signs and Symptoms of Postpartum Depression

Having a baby changes your body and your life in ways that are hard to predict. Feeling sad, moody, or tired is normal in the first few weeks after childbirth. PPD is different. PPD symptoms can last longer than the “baby blues,” and can interfere with your daily activities. Common symptoms include anxiety, irritability, and nagging self-doubt about your mothering skills. *from seepd.com*

Signs and Symptoms of PPD

It is estimated that 10-20% of women giving birth globally are affected by postpartum depression (PPD). The average affected in the US is 11.5% of new moms.

Acknowledgements

Developing Find Your Fit has been a long and intentional process, and required many individuals and organizations to come together.

Thank you...

Amanda Lawrence, *VP of Community Impact*

Kellye McKenzie, *Director of Health Programs*

Kimberly Butler Willis, *Roper St. Francis Healthcare*

Christy Boudolf, *VP of Communications*

Caroline Morris, *Marketing & Communications Manager*

Catherine Badalamenti, *Health Program Intern*

Eli Blankenship, *Health Program Intern*

Debbie Mann, *Community Impact Administrative Assistant*

Melissa Britton, *Director of Volunteer Engagement*

Amanda Sito, *Volunteer Engagement Manager*

Access to Care Sub-Committee of the Tri-County Health Improvement Plan

Behavioral Health Sub-Committee of the Tri-County Health Improvement Plan

Clinical Preventive Services Sub-Committee of the Tri-County Health Improvement Plan

Maternal, Infant & Child Health Sub-Committee of the Tri-County Health Improvement Plan

Obesity, Nutrition & Physical Activity Sub-Committee of the Tri-County Health Improvement Plan

Additional Support Contact Information

Questions or concerns about content you've been provided in this guide, contact FindYourFitCampaign@tuw.org

Interested in becoming more involved in the Tri-County Health Improvement Plan or one of its targeted sub-committees, contact HTCSupport@tuw.org for more information about an upcoming Healthy Tri-County orientation session.

For information on volunteering with Trident United Way, contact volunteer@tuw.org