

Did You Know?

African American Babies are...

- 1.5 times more likely to be born premature than white babies
- More likely to die from health problems before age 1

Are You & Your Baby at Risk?

- Have you started prenatal care?
- Are you stressed?
- Did you experience problems during a past pregnancy?

Would you like to make healthier choices for you and your baby?

The Black Infant Health Program Can Help!



DEPARTMENT OF HEALTH
AND HUMAN SERVICES
Division of Public Health

Sherri Heller, Ed.D. | Department Director
Olivia Kasirye, M.D. | Public Health Officer

www.scph.com



Funded by the California Department
of Public Health MCAH Division

County of Sacramento Board of Supervisors

Phil Serna | District 1 Jimmie Yee | District 2
Susan Peters | District 3 Roberta MacGlashan | District 4
Don Nottoli | District 5

Brad Hudson | County Executive



Healthy Mom. Healthy Baby.

County of Sacramento
Department of Health and Human Services
Division of Public Health



Mother Support Groups

- Groups during and after pregnancy
- Fun and interesting activities
- Useful items for mom and baby
- Groups are free!

Support for You and Your Baby

- Gain support from other women
- Learn what to expect when pregnant
- Nurture and bond with your baby
- Get infant care and breast feeding tips
- Manage and reduce stress
- Learn how to make healthy snacks
- Plan for your future

About the Black Infant Health Program

The goal of the Black Infant Health (BIH) Program is to improve the health of African American moms and their babies.

BIH staff works with pregnant and parenting African American women to help them make healthy choices for themselves and their families.



Who is Eligible?

- Pregnant African American women (18 years or older)
- Moms with a newborn baby 3 months or younger

For Information

Call (916) 875-BABY(2229)

