



February 2017 “Healthy Start Happenings” Healthy Start Coalition Bay, Franklin & Gulf Counties

February Awareness

- Wear Red Day - Feb. 3rd
- Presidents Day - Feb. 20th
- Black History Month
- Heart Disease Awareness Month
- International Prenatal Infection Prevention Month
- Safety Awareness Month

- ♥ **The Fetal and Infant Mortality Review meeting** will be held Monday, Feb. 6th at Bay Medical Center’s Community Board room at 12:00pm CST. RSVP to Kelly at 872-4130, ext. 102.
- ♥ **The Interagency Meeting** will be held Friday, Feb. 17th, 12:00pm-1:00pm at The Place on Harrison Avenue. The meeting is open to all direct social service agency personnel.
- ♥ **2nd Annual Freedom 180 Community Awareness Day** will be held on Saturday, Feb. 18th, 10:00am-2:00pm at 306 Sikes Road, north of Southport. For more info call 872-4455 ext. 1306.
- ♥ **EEC’s Girlfriends Gala “Once Upon a Time”** will be held Friday, Feb. 24th, 6:00pm-9:00pm at the Panama Country Club. For more information call 872-7550 ext. 2286.
- ♥ **Oakland Terrace School of Arts Parent Camp** will be Saturday, Feb. 25th, 8:00am-12:00pm. For more information call 767-4565.
- ♥ **Healthy Start and Bay Haven’s Free Family Portrait Day** will be held Saturday, Feb. 25th, 10:00am-2:00pm, at Oaks By the Bay, RSVP required to 872-4455 ext. 105.
- ♥ **GCSC Community Services Awareness Day** will be held Mar. 7th, 11:00am-2:00pm in the Student Union East breezeway. For more information call Leigh Bailey at 769-1551 x4861.
- ♥ **Healthy Start has FREE Childbirth Education** classes, for more information:
 - ♥ Bay County residents call (850) 252-9601
 - ♥ Franklin County residents call (850) 370-6351
 - ♥ Gulf County residents call (850) 227-1276 ext. 0413



News from the FIMR Coordinator:

An estimated 4 percent of pregnant women in the United States admit to illicit drug use during pregnancy, according to the March of Dimes. The most common effect of all types of maternal drug abuse is pregnancy loss. Methamphetamine, ecstasy and cocaine use have effects on fetal development that are similar to the effects of tobacco use. Constricted blood circulation and oxygen deprivation may lead to limb reduction deformities (missing fingers or toes), spontaneous abortion in the first trimester, miscarriage in later pregnancy, or possible stillbirth. Effects on the placenta cause it to harden, or calcify, which may lead to preterm birth. Premature babies are at risk of respiratory distress, jaundice, infections and developmental delays. Side effects of medications and treatments given to preterm infants may cause permanent hearing or vision loss. Women who abuse drugs during pregnancy are often anemic. Vitamin and mineral deficiencies are common. Uterine irritability, preterm labor and postpartum hemorrhage may be due to nutritional deficiencies or vascular changes caused by drug abuse. If you need help with substance abuse, contact your doctor or local treatment center. In Panama City, you can call Chemical Addictions Recovery Effort (CARE) at 872-7676.

