

Building Blocks for a healthy pregnancy

Have regular medical care beginning early in pregnancy

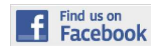
Eat a variety of foods such as: fruits, vegetables, whole grains & meats

Avoid caffeine, alcohol, drugs & smoking

Make choices that have long lasting effects on you & your baby



WE LOOK FORWARD TO SERVING YOU AND YOUR FAMILY!



Public Health
Prevent. Promote. Protect.

Clinton County Health Department Health Services

133 Margaret Street
Plattsburgh, NY, 12901

Phone: 518-565-4848
Fax: 518-565-4821

Health Information Line: 518-565-4490
www.clintonhealth.org

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PREGNANT?



For a healthy baby, ask about...



IMPROVED PREGNANCY OUTCOME

**Clinton County
Health Department**



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Improved Pregnancy Outcome (IPO)

Everyone wants a healthy pregnancy and newborn. The goal of the IPO program is to help pregnant women:

- get early and ongoing prenatal care
- stay well during pregnancy
- have a full-term baby with a good birth weight
- receive information handouts on pregnancy and newborns

Who is Eligible?

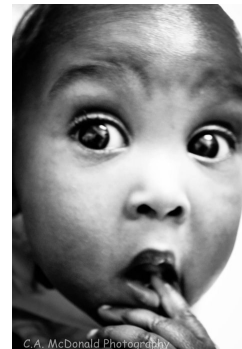
Pregnant women living in Clinton County with health or other concerns that may affect their pregnancy.

Pregnant women who are eligible for IPO have been helped with:

- learning about pregnancy
- health problems that affect this pregnancy
- having babies born too early in past pregnancies
- teenage pregnancy
- depression/mental health needs
- late prenatal care
- smoking

This program is FREE!

IPO has no income guidelines.



How to get started with IPO?

- Your doctor can refer you to IPO
- Other agencies can refer you to IPO
- You may call to see if IPO would be right for you



What services are provided?

A nurse will assist you with your pregnancy needs. The nurse can:

- work with your doctor to provide the best care during your pregnancy
- meet with you at a time and place that works best for you
- provide information on pregnancy and giving birth
- supply you with Dental and Wellness kits
- help you stop smoking