

MAKING A DIFFERENCE



Grand Challenges

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- Global Food Systems
- Water
- Health
- Community Vitality
- Developing Tomorrow's Leaders

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Grand Challenge: Health

Title: Healthy You and Baby Too (HUBT)

Why is this issue important?

Optimal prenatal care and education on nutrition and lifestyle behaviors can provide women with the knowledge and skills they need to protect their infant and ensure a healthy pregnancy.

How was this issue addressed?

Shawnee County Expanded Food and Nutrition Education Program provides prenatal nutrition lessons to pregnant clients accessing prenatal care at GraceMed Capitol Family Clinic. Topics include healthful eating, food safety, food budgeting, lifestyle habits and breastfeeding.

What was the impact?

In our 2021-2022 reporting year, 94 pregnant clients completed Healthy You and Baby Too!:

- **95%** of participants showed improvement in one or more diet quality indicators (i.e., eating more fruits and vegetables, drinking less regular soda and sugar sweetened beverages, and cooking dinner at home).
- **96%** of participants showed improvement in one or more food resource management practices (i.e., cook dinner at home, compare food prices, plan meals before shopping, look in refrigerator or cupboard before shopping, or make a list before shopping).
- **78%** of participants showed improvement in one or more physical activity behaviors (i.e., exercising for at least 30 minutes, doing workouts to build and strengthen muscles, or making small changes to be more active).
- **91%** of participants showed improvement in one or more food safety practices (i.e., washing hands before preparing food, washing all food surfaces, not thawing frozen food at room temperature, or using a meat thermometer).



Success Story: After doing menu planning and shopping classes, an HUBT client planned two weeks' worth of menus with shopping lists to go with them. She realized that if she plans her meals, she is more likely to stick to the plan instead of eating fast food meals.