



Black Maternal Health Week

April 11 – April 17

During this week, we focus on learning about the actions we can take to improve Black maternal health.

Black women are almost four times more likely to die from a pregnancy-related cause than white women. Multiple factors contribute to these disparities, including:

- Quality of health care
- Access to health care
- Underlying chronic conditions
- Structural racism
- Implicit bias

Poor birth outcomes persist even when Black women become pregnant at an optimal age, have a high income or are well-educated.

Most pregnancy-related deaths are preventable. Understanding the effects of social and economic determinants of health, underlying health conditions, and urgent maternal health warning signs are crucial in reducing poor maternal health outcomes.



[Learn about working together to prevent Black infant mortality.](#)

National Infertility Awareness Week

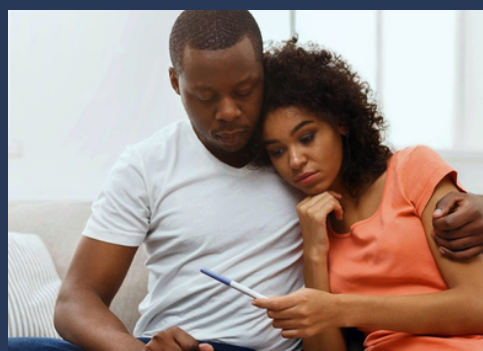
April 20 – April 26

Infertility is not being able to get pregnant after 1 year of trying. Some factors that increase a woman's risk of infertility include:

- Being older
- Smoking
- Excessive alcohol use
- Being overweight
- Extreme weight gain or loss
- Excessive physical or emotional stress



Contact your health care provider if you have any questions about pregnancy.



[Learn more about Infertility by clicking here](#)

National Nurses Week

May 6 – May 12

Happy National Nurses Week! We are grateful for all the hardworking nurses. Nurses are important in improving patient health outcomes, coordinating care, and increasing access to healthcare services.



National Nurses Week takes place on the birthday of Florence Nightingale, who was the founder of modern nursing. Nightingale is greatly appreciated for her time and efforts, especially during the Crimean War. She focused on hospital hygiene and sanitation, which helped save the lives of thousands of people.



American Stroke Awareness Month

Pregnant women are at a higher risk of stroke. Stroke during your pregnancy is not common, but it is essential to be aware of critical stroke symptoms.

- Sudden weakness in the face, arm, or leg.
- Sudden confusion or trouble speaking
- Trouble seeing, walking, dizziness, or loss of balance.
- Sudden severe headache with no known cause.

If you experience any of these symptoms, please contact your doctor.

[Learn about pregnancy and stroke](#)

National Women's Health Week

May 11 – May 15

National Women's Health Week starts on Mother's Day each year. This week focuses on women's health issues and encourages every woman to prioritize her physical, emotional, and mental health.

As part of women's health, we would like to focus on the importance of health before and during pregnancy.

Preconception care is an important part of pregnancy planning. It means knowing how certain health conditions and risk factors could affect you or your unborn baby.



Some things that you can do to improve your preconception health include:

- Take at least 400 mcg of folic acid daily before and during pregnancy.
- Maintain a healthy weight and diet.
- Get regular physical activity (about 30 minutes a day.)
- Avoid alcohol, tobacco, and drugs.
- Avoid toxic substances that could lead to infections.
- Talk to your doctor about your medical conditions. Conditions such as asthma, diabetes, and obesity can affect your pregnancy.



[Click here to learn about Women's Health Week](#)

World No Tobacco Day

May 31

World No Tobacco Day encourages people to stop using tobacco products, including cigarettes, cigars, and e-cigarettes. Tobacco products are unsafe, negatively affecting many kids, teens, and young adults around the world. In addition, there is no known level of tobacco use that is safe during pregnancy.

This year's theme is "Unmasking the Appeal." Many tobacco companies use specific tactics to make their products more attractive, especially to youth.

The goals of this year's World No Tobacco Day are to:

- Raise awareness on how companies manipulate the appearance of their products.
- Advocate for policy change.
- Reduce demand, particularly among the youth and young adult populations.



[Learn more about World No Tobacco Day by clicking here](#)

Child Safety Week

June 2 - June 8

Child Safety Week brings awareness of child accident risks and prevention. It is vital to keep them from any serious injury and help children learn skills about staying healthy and safe. Some things to consider:

Passenger Safety

Properly buckle children in car seats, booster seats, or seat belts appropriate for their age and size.



[Click here to learn about Child Passenger Safety.](#)

Screen Time

Children should be limited screen time to two hours or less a day. Too much screen time can affect their health and well-being.



[Learn how to reduce your screen time](#)

Home/Residence

It is vital to keep your child safe in your home, which includes preventing falls, drowning, lead poisoning, and accidental medication use.



[Learn about safety in the home and your community.](#)

Juneteenth

In June 2021, Juneteenth became a federal holiday. June 19th marked the day when enslaved Americans in Galveston, Texas, received the news from the state that they had been freed from slavery.

Not only does it commemorate the end of slavery in the United States, but it also calls us to action today. This day reminds us that we still need to work towards equity, equality, and justice.



World Sickle Cell Day

June 19



World Sickle Cell Day helps raise awareness of the challenges individuals and families face when dealing with this health condition.

Sickle cell disease (SCD) is a common blood disorder that occurs at birth and affects the red blood cells' ability to carry oxygen to the body.

SCD affects about 100,000 people in the United States, affecting mostly African Americans (1 in 365 Black babies). Some of the common symptoms of SCD include:

- Fatigue
- Difficulty breathing
- Swelling of hands and feet
- Fast heart rate
- Yellowing of skin or whites of the eyes
- Increased risk of stroke

[Learn about Sickle Cell Disease](#)

Childhood Obesity

According to the [San Bernardino Community Indicators](#), children under the age of 18 in San Bernardino County are more likely to be overweight for their age than in California overall.

Obesity is a common chronic disease that could lead to serious health conditions in the future. Children with obesity are more likely to have obesity as adults.

Some of the poor health outcomes that are associated with childhood obesity include high blood pressure, high cholesterol, type 2 diabetes, and heart disease.



Here are some ways we can help reduce the risk of obesity in children.

- Eat fruits and vegetables.
- Avoid sugary drinks and processed foods.
- Get at least 60 minutes of physical activity each day (consult with your child's doctor).
- Encourage kids to eat a healthy breakfast and lunch.
- Reduce screen time and spend more family time.
- Ensure adequate sleep. It is recommended 9 to 12 hours per night for school children.

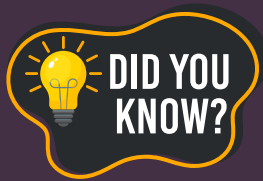


[Read more about obesity](#)



National Poison Prevention Week March 16 - March 22

In March, National Poison Prevention Week was recognized to help raise awareness and prevent poisoning-related deaths. According to the Centers for Disease Control and Prevention, poisoning is the 2nd leading cause of unintentional injury deaths in infants, children, and adolescents.



- Approximately five infants, children, and adolescents aged 0-19 die from poisoning each day.
- Medicines are the leading cause of poisoning in children due to drug misuse.
- Poisoning from personal care products sends about 12 kids aged five and under to the emergency room each day.
- Common poisoning causes include plants, cleaning products, lead, pesticides, paints, and fumes.
- The risk of lead poisoning is higher in younger children, children in low-income households, pregnant women, or adults working in places that expose them to lead.
- Lead exposure could lead to difficulty learning and paying attention, developmental and growth delays, and hearing and speech problems.

[Click here to learn about Poison Prevention Week](#)

[Learn about Poison prevention measures by clicking here](#)

COMMON SOURCES OF LEAD EXPOSURE



Paint and Dust in Older Homes



Drinking Water



Lead Clay Pots



Certain Foods, Spices and Candies



Traditional Make-Up or Remedies



Old Toys and Jewelry



Lead Fishing Sinkers and Bullets



Certain Jobs/Hobbies Working with Lead

[SBCDPH Childhood Lead Poisoning Prevention Program](#)

[Click here to learn about CDPH Lead Prevention Branch](#)

IMPORTANT!

INLAND EMPIRE PERINATAL EQUITY

PROVIDER SUMMIT

DoubleTree by Hilton, San Bernardino
285 E. Hospitality Ln., San Bernardino

The 2025 Inland Empire Perinatal Equity Summit is a one-day event that advances health equity and quality of life for Black and African American pregnant women and their families.

The Perinatal Equity Initiative (PEI) focuses on reducing Black and African American maternal and infant mortality disparity with San Bernardino and Riverside Counties.

REGISTER NOW!



*CME, CEU, and CHES credits available. Dinner will be provided.

SCAN HERE

WHO SHOULD ATTEND?

- Physicians, Certified Nurse Midwives, and Other Perinatal Providers
- Behavioral Healthcare Providers
- Doulas and Other Birthworkers
- Funders
- Policy Makers
- Advocates for Maternal and Infant Health

**APRIL 10
2025**
3 - 8 p.m.

APRIL 10

This event will focus on educating providers on how they can contribute to improving birth outcomes and reducing infant mortality among Black and African American families in the Inland Empire by addressing disparities in maternal and infant care.

**Riverside University
HEALTH SYSTEM**
Public Health



Public Health



HEALTHY FAMILIES AMERICA Maternal Health

A program of the San Bernardino County Public Health Department,
funded by the California Department of Public Health



HFA Maternal Health is a home visiting program offered at no cost to pregnant women and mothers with infants 0-3 months of age in San Bernardino County.

HFA Maternal Health The model aims to nurture and strengthen parent-child relationships, promote healthy child growth and development, and improve family well-being by reducing risks and building protective factors.

HFA Maternal Health focuses on the prevention of child abuse and neglect.

SCAN QR CODE
TO APPLY



CONTACT US!

homevisitation@elsolnec.org

1535 S D St., San Bernardino, CA 92408

Call us for more information:
909-552-8373 or 909-884-3735 ext. 3938

www.ELSOLNec.org



We are building a world where all children and families live a purposeful and happy life, with hope for the future. -Prevent Child Abuse America

Healthy Families
San Bernardino County

The benefits of participating in HFA Maternal Health are:

- Visits at home or virtually
- Having a healthy pregnancy and a healthy baby
- Child development education and activities for parents and children
- A guide to help you achieve your personal and family goals
- Referrals to local community resources

COMMUNITY ACTION TEAM

Infant mortality serves as a measure of a community's general health. The Fetal and Infant Mortality Review (FIMR) program seeks to prevent future losses with a focus on the major disparities that persist for Black/African American infants and infants born in the desert regions of San Bernardino County.

Following the case reviews of losses in biweekly Case Review Team meetings, the monthly Community Action Team meeting seeks to mobilize the community to implement interventions that lead to policy and system changes to reduce infant mortality.

Join us in improving infant health in San Bernardino County.

MONTHLY ON ZOOM AT 2 P.M.



Meeting ID: 849 2199 7707



Meeting ID: 858 4124 0646



In Person



Meeting ID: 871 9642 8969



In Person



Meeting ID: 870 4287 0747



In Person



Meeting ID: 848 4687 2149



Meeting ID: 836 1006 3508



Meeting ID: 860 0570 5718



Meeting ID: 893 4853 0991



In Person



Public Health

FOR MORE INFORMATION
ABOUT MCAH,
PLEASE EMAIL US AT
ASKMCAH@SBCounty.GOV
OR CALL 1 (800) 227-3034

FIMR



Mothers To-be

Tours and Classes

FREE TOUR of the Maternal Child Department

First & Third Wednesday
Each month 10 a.m. – 11 a.m.
Arrowhead Regional Medical Center
3rd Floor Mother/Baby
Conference Room
Seating is Limited

For Tours call

909.580.3174
or
909.580.1878



Arrowhead Regional Medical Center, 400 North Pepper Ave. Colton, CA 92324

www.ArrowheadRegional.org

Childbirth Classes

A great way to prepare for labor and birth.

- The stages of a normal labor and delivery
- Techniques to relax, breathe and distract yourself (or do all three simultaneously) to get some relief
- Various labor positions that can help your baby line up with your pelvis and speed your labor and relieve pain
- Pain relief options, including how and when to request them should you decide you need them
- Hands-on instruction in alternative approaches to pain relief, including breathing and relaxation techniques
- Possible delivery complications and how they might be handled
- Basics to care for your newborn baby, postpartum care, and introduction to breastfeeding
- Other medical interventions that may be used, such as C-section or induction

Classes are FREE!

You must call to register.

909.580.3348

The Heart of a Healthy Community™



Public Health

Family Health Services Section
Quarterly Newsletter is an internal publication for local healthcare providers, and others interested in improving maternal, child, and adolescent health.

For more information about MCAH, please email us at askMCAH@SBcounty.gov or call 1 (800) 227-3034.