

PUBLIC HEALTH CONNECTION



Maternal Health

Healthy Moms and Babies

Good prenatal care is vital for a healthy mom and baby. Starting care during the first 12 weeks and keeping prenatal visits on time helps women stay healthy and have a better birth. Women who think they may be pregnant should see a doctor or midwife right away. Early and regular prenatal visits can reduce risks to both the mother and the unborn baby. Once pregnant, women should also take vitamins with folic acid once pregnant to nourish the body and stop birth defects. Women who need help starting care with a doctor or midwife during pregnancy can talk with Scott County's Maternal Child and Adolescent Health (MCAH) nurse.



The Maternal Health Program at Scott County Health Department

Iowa's Maternal Health Program works to make sure more babies can celebrate their first birthday (prevent infant deaths) and help women have better birth outcomes. This is done through family centered services in the community. Maternal health clinics serve women with Medicaid coverage or with lower incomes. The Maternal Health Program at Scott County Health Department is funded and overseen by the Iowa Department of Public Health.

Pregnant and new moms can receive a broad range of services provided by a Registered Nurse. Scott County's MCAH nurse provides services at Scott County WIC clinics.

You can call the MCAH program at 563-214-6511 with any questions.



OUR MISSION:

The Scott County Health Department promotes, protects, and preserves health through leadership, services, education, and partnerships.

OUR VISION:

Scott County—
A safe and healthy
community.

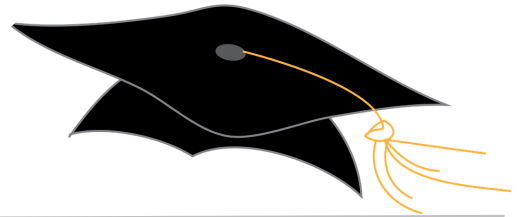


SPECIAL EVENTS

- *Scott County Board of Health Meeting, Scott County Administrative Center, 1st Floor Boardroom, 12:00 PM, Thursday, May 16, 2019.*
- *SCHD closed on Memorial Day, Monday, May 27, 2019.*

Links

- IDPH Title V Maternal Health: <https://idph.iowa.gov/family-health/maternal>
- Maternal & Child Health (HRSA): <https://mchb.hrsa.gov/maternal-child-health-initiatives/title-v-maternal-and-child-health-services-block-grant-program>
- Hosting Large Parties & Groups: <https://www.foodsafety.gov/keep/events/parties/index.html>



Graduation Party Food Safety

Early summer months bring festive graduation parties. Whether your event will be catered in or you are tackling the cooking yourself, keep food safety in mind for a flawless event your guests will talk about for months to come.

- Purchase perishable items close to the date of the party to avoid food spoilage.
- Make sure you are washing your hands with soap and warm water for at least 20 seconds before and after handling raw foods.
- Always keep plates and utensils that touch raw foods separate from cooked foods.
- Use clean utensils for handling ready to eat foods such as buns and cooked meats.
- Ensure hot food stays above 135°F and cold food stays below 41°F.

“There are far, far better things ahead than any we leave behind.” —C.S. Lewis



Scott County Health Department
Scott County Administrative Center, 4th Floor
600 West 4th Street Davenport, Iowa 52801-1030

Phone: 563-326-8618 | Fax: 563-326-8774

Email: health@scottcountyiowa.com

Website: www.scottcountyiowa.com/health

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