



Choose Health LA Moms Speaking Points

Want to share about Choose Health LA Moms with others? Here are speaking points for key messages you can share with interested moms!

- Choose Health LA Moms is a text and online program to help moms get to a healthy weight after having a baby.
- Program is intended for moms to join immediately after delivery and participate for six months.
- Program focuses on breastfeeding, walking, and drinking water as healthy ways to lose weight postpartum. Moms don't have to be breastfeeding in order to participate.
- Available in English and Spanish.
- Moms can participate from wherever they are! Program is available on any device with internet access (laptop, tablet, smartphone, computer).
- Moms can also learn about and get resources on mental health, stress, nutrition, overcoming barriers to health, and planning their next pregnancy.
- In a pilot test of the program, moms lost an average of 96.4% of their pregnancy weight after 3 months in the program.
- Moms create an account at ChooseHealthLAMoms.com to get weekly information and text messages.
- Program is designed specifically for moms living in Los Angeles County.
- Features a personalized health tracker which shows moms' progress over time.
- Moms collect online badges for participation.

