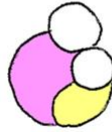


L.A. MOMs



**(LOS ANGELES COUNTY MANAGING OBESITY IN MOMS)
E-UPDATE**

October 15, 2013

LA MOMs UPDATES

On October 3, 2013, LA MOMs conducted a focus group with post-partum obese moms to assist us in the development of the curriculum. Questions and a discussion regarding breastfeeding, water intake, and physical activity were addressed in the focus group.

A meeting with the LA MOMs Advisory Group was held on October 10, 2013. The meeting reviewed survey results on the barriers to weight loss, the results of the LA MOMs focus group and other areas of program development.

The listserv is now “live”! To sign up for our listserv, send an email to LAMOMs@ph.lacounty.gov indicating the email address you would like to use. Please forward to your networks.

FEATURE

October is National Domestic Violence Month!

There are an estimated 28 million battered women in the U.S., more than half of all married women in the country. In the U.S., one woman is beaten by her husband or partner every 9 seconds. Battering is the single major cause of injury to women between the ages of 15 and 44 in the U.S.; more than car accidents, muggings, and rapes combined.

Abuse during pregnancy, whether physical, verbal or emotional, produces many adverse physical and psychological effects for both the mother and fetus. Pregnancy can also lead to a hiatus of domestic violence when the abuser does not want to harm the unborn child. The risk of domestic violence for pregnant women is greatest immediately after childbirth¹ international studies show that 25% of women are abused for the first time during pregnancy.² IPV also accounts for a large portion of maternal mortality. Homicide is the second leading cause of injury related deaths in pregnant and post-partum women in the United States.³

Intimate Partner Violence (IPV) can strongly increase the risk of experiencing depression”. Women experiencing IPV during pregnancy are 2-3X more likely to report symptoms of perinatal depression.

¹Mezey, Gillian C., and Bewley Susan. "Domestic Violence and Pregnancy: Risk Is Greatest after Delivery." *BMJ: British Medical Journal*. 314.7090 (1997):

²Tjaden P, Thoennes N. Full report of the prevalence, incidence, and consequences of violence against women: findings from the National Violence Against Women Survey. Washington, DC, National Institute of Justice, Office of Justice Programs, United States of Justice and Centers for Disease Control and Prevention, 2000

³Yost, Nicole P., Bloom, Steven L., McIntire, Donald D., Leveno, Kenneth J. (July 2005). "A Prospective Observational Study of Domestic Violence During Pregnancy". *Obstetrics & Gynecology* **106** (1): 61–65

IPV RESOURCES

HHS toolkit for Intimate Partner Violence and Perinatal depression:

<http://mchb.hrsa.gov/pregnancyandbeyond/depression/partnerviolence/partnerviolenceandperinataldepression.pdf>

<http://www.maternalmentalhealthla.org/> (Maternal perinatal mental health task force)

LA County Domestic Violence Hotline: (800) 978-3600

HEADLINES

Evaluating Mobile Weight Loss Apps On Use of Evidence-Based Behavioral Strategies

<http://www.sciencedaily.com/releases/2013/10/131008091715.htm>

Cheers To Water: First Lady Michelle Obama Asks Everyone to “Drink Up” With More Water

<http://www.letsmove.gov/blog/2013/09/13/cheers-water-first-lady-michelle-obama-asks-everyone-%E2%80%9Cdrink-up%E2%80%9D-more-water>

Mother and Baby yoga is good for you

<http://www.ncbi.nlm.nih.gov/pubmed/23789249>

MEETINGS

Addressing Obesity in America: Economics and Impact on Diverse Patient Communities: October 22. Los Angeles Athletic Club- free.

<http://fightchronicdisease.org/events/addressing-obesity-america-economics-and-impact-diverse-patient-communities>

The California Healthy Beverage Summit is at USC on Oct 21: <https://www.cspinet.org/CA-Healthy-Beverages-Summit-2013.html>

Join thousands of LAUSD students, family members, employees, and community members at our inaugural 5K "Move It!" Fundraiser and Health Festival: Saturday, November 16, 2013 8:30 AM
Dodgers Stadium 1000 Elysian Park Avenue Los Angeles , CA

<http://moveit-laUSD-ca.schoolloop.com/register>

Send information you would like share to
LAMOMs@ph.lacounty.gov

Please forward our e-update!