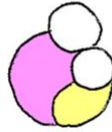


L.A. MOMs



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

September 15, 2013

Welcome to our “E-blast” newsletter. This monthly update will keep you informed of collaborative activities and give you an opportunity to share accomplishments and announcements with other collaborative members.

LA MOMs UPDATES

Currently, we are conducting a Baseline Assessment Survey. This survey will assist us in identifying barriers that postpartum women face in losing weight. Please forward this link to any postpartum women: <https://www.surveymonkey.com/s/NWMHDY2>

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.

The LA MOMs program is in the process of being created. In October, we will be having focus groups with post-partum obese moms to assist us in the development of the curriculum. If you know of any moms that would be interested in participating please have them email us at LAMOMs@ph.lacounty.gov or call (213)639-6479. Participants will be compensated \$50 for their participation. The focus group will be conducted in in English and Spanish on Thursday, October 3rd at 10:00 am.

FEATURES

September is America on the Move – Month of Action!

In Los Angeles County, only 27.6% of women of reproductive age are currently meeting the Federal Physical Activity Guidelines 150 minutes per week of physical activity. Something as simple as walking, 10,000 steps a day can help prevent postpartum weight retention. Long term effects of weight retention include obesity, diabetes and heart disease. To commemorate [America on the Move](#), let’s encourage women to be more active and to make a pledge to maintain an active lifestyle.

Local Physical Activity Resources:

- [Network for a Healthy California-Los Angeles Region](#) has a [Be Active Directory](#): lists venues where families can be physically active at a free or low cost
- [Physical Activity Integration Program](#) :free physical activity resources
- [Los Angeles County Department of Parks and Recreation](#): ideas on “things to do” and parks with fitness zones and children’s play areas
- [Tot Parks and Nature Trails](#): List of activities and trails built specifically for children ages 0-5

Physical Activity & Mobile Apps:

- Use an interactive map to create your own [running](#), [walking](#) or [bike riding](#) trail, or venture off to an existing path created by others. Free to download.
- [Moves](#) functions like a pedometer. Carry your phone in your pocket or purse and it will keep track of the number of steps taken each day. Free to download.

HEADLINES

Habits linked to obesity may differ for boys and girls

<http://www.chicagotribune.com/health/sns-rt-us-habits-obesity-20130813,0,7900046.story>

Source: *Pediatrics*

<http://pediatrics.aappublications.org/content/early/2013/08/07/peds.2012-2994>

Pregnant and Obese: Early Deaths Noted Among Offspring

Study findings suggest need for weight control before conception

<http://consumer.healthday.com/senior-citizen-information-31/misc-death-and-dying-news-172/does-obesity-in-pregnancy-shorten-life-of-offspring-679190.html>

Source: *BMJ*

<http://www.bmj.com/content/347/bmj.f4539>

MEETINGS

[Southern California Diabetes Prevention Symposium](#) – Free to Attend!

Meeting: September 20, 2013 | 8:00 AM – 12:00 PM

[Let's Get Moving to Help Underserved Communities](#)

Webinar: September 26, 2013 | 10:00 AM – 11:00 AM PDT

[Innovate 2013: Cultivate the Leader in You](#) (12.5 CME Hours)

Wednesday, Oct. 9, 2013 - Thursday, Oct. 10, 2013

A new course to offer education about how to complete marketing, communication, advocacy and research that will amplify your voice as an obesity medicine expert.

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

Please forward our e-update!