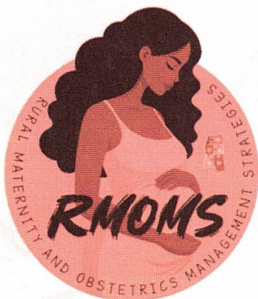


The RMOMS Program

is open to any pregnant individual who is:



- 20 weeks or less in gestation;
- Between the ages of 16-45;
- Residing in the following Mississippi counties:
Bolivar, Coahoma, Issaquena, Leflore, Washington, Sunflower, or Sharkey counties;
- Utilizing **Delta Health System, Delta Health Center, or South Sunflower Hospital.**

Participants have FREE access to:

- **Equipment to check your blood pressure, glucose, and weight at home:** You'll need to check your blood pressure, glucose, and weight at least twice a week.
- **Regular health check-ups while you're pregnant:** To make sure you and your baby are healthy.
- **Mental Health Surveys:** You'll answer questions about how you are feeling.
- **Nutritional Advice:** Experts will help you with healthy eating.
- **Tips and information for a healthy pregnancy:** Advice to help you take care of yourself and your baby.
- **Transportation Assistance:** If you need a ride to your appointments, we can help you.
- **Online mental health and urgent care services:** You can get help from mental health professionals or urgent care online if you need it.

How to Participate in the RMOMS Program:

Receive a referral from your local health center. A Care Coordinator will assist and register you for the RMOMS program.

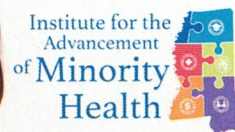
For more information, contact

Joyce Roundtree-McCoy, M.Ed.

MCH Program Specialist
Institute for the Advancement of Minority Health
Office: (769) 572-5263
Email: jrmccoy@advancingminorityhealth.org



This program is free and open to pregnant individuals of any race/ethnicity.



5

Benefits of **Breastfeeding**

Institute for the
Advancement
of **Minority**
Health



1. It Takes Two: Breastfeeding Promotes bonding between the mother and child.

You've probably heard other mothers say that breastfeeding helps you feel more connected to your child, but did you know there's science behind that? The hormone oxytocin gets released in your body while breastfeeding. Oxytocin promotes bonding between you and your baby.

2. Nothing like the real thing: Breast milk is more nutritious.

The nutrients in breast milk can't be found in store-bought formula. According to the Natural Resources Defense Council, breastfed children were less likely to develop certain diseases, including heart disease and multiple sclerosis before the age of 15.

3. Smart Moves: Breastfeeding is linked to baby's higher IQ.

According to a study published in the journal *Lancet Global Health*, the longer children were breastfed, the higher they scored on IQ tests as adults. Pretty impressive, right?

4. Slim Down Flow: Breastfeeding helps you lose weight faster.

It's believed that breastfeeding can burn anywhere from 300 to 500 calories a day, which can help you return to your pre-pregnancy weight a lot faster. Breastfeed and exercise and you'll fit into your old jeans in no time! And what new mom doesn't want that? Still not convinced? Breast milk is free; formula is not.

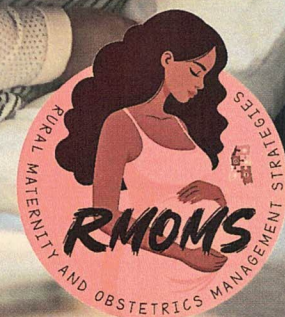
5. Baby Blues: Not breastfeeding increases your risk of postpartum depression.

It's estimated that 9-16 percent of new mothers will experience postpartum depression at some point. The good news is that mothers who breast feed were less likely to develop postpartum depression four months after giving birth.



*Use this QR Code for more
information and support for
expectant and new mothers*

Source: <https://blackdoctor.org/top-reasons-to-breastfeed/>



Educated Mommies, Nourished Babies, Healthier Families

Institute for the
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Health



Breastfeeding lowers the risk of ear infections, diarrhea, and stomach problems.

Breastfed babies typically **get sick less**.

Children who are breastfed have a **lower rate of certain illnesses** as they grow up.



Babies who are **not breastfed** have a **higher risk of asthma, diabetes, and childhood obesity**.

Since African Americans are at an increased risk for these health problems, it's important to recognize the lifelong benefits of breastfeeding for your child.



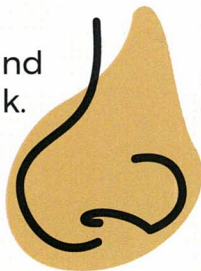
Breastfeeding allows your body to recover from pregnancy and childbirth more quickly.

The hormones released when you breastfeed help your uterus shrink back to its pre-pregnancy size.

Your baby can smell you.

Newborns have a strong sense of smell and know the unique scent of your breastmilk.

That is why your baby will turn his or her head to you when he or she is hungry.



Breastfeeding exposes your baby to many different tastes.

Formula has only one taste. However, through your breastmilk, your baby eventually gets a slight taste of whatever you eat, although not directly. This may make introducing solid foods easier when your baby is 6 months old.



Your baby can see you up close and personal.

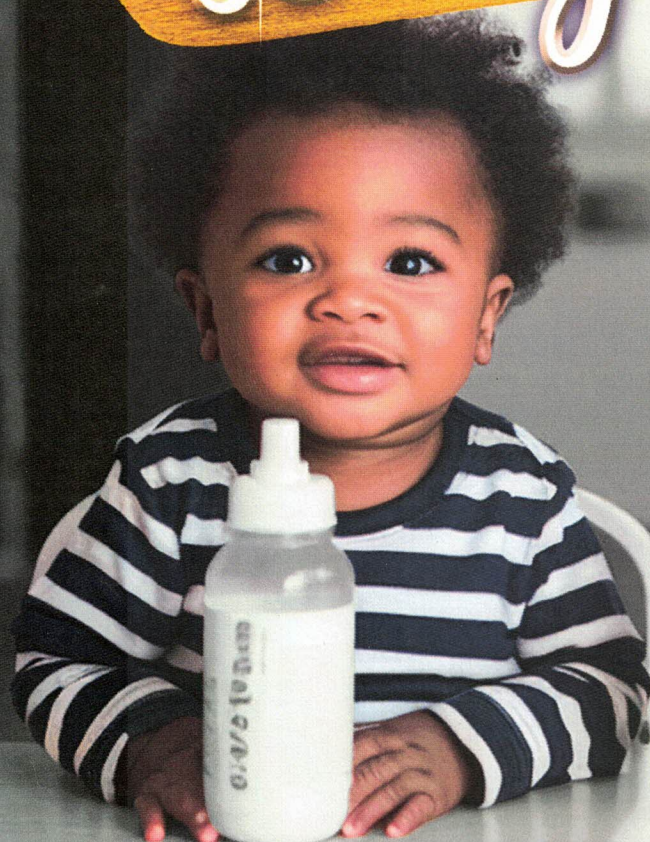
Babies are born extremely nearsighted, which means they can only see things about eight to 15 inches away. That also happens to be the distance between your face and your baby's face when breastfeeding. So when your baby locks eyes with you, it's a true bonding moment.



Contact iamh@advancingminorityhealth.org for more information.



Baby Depot



**Support for new moms and
their babies in Central (MS)
and the MS Delta**

Items Available: Diapers
Baby Food Wipes
Feminine Products Formula

To request items, visit <https://bit.ly/3zefGdy>

**For Medicaid-eligible families or IAMH
Maternal Child Health program participants**

For more information: mhughes@advancingminorityhealth.org

Our services are available to new and expectant mothers in the MS Delta who participate in the RMOMS program or those in Central MS who meet Medicaid income requirements.

To request items,
scan here:

