

Pasco FNP Success Stories

August 2013

UF | IFAS Extension
UNIVERSITY OF FLORIDA



THE FOLLOWING EDUCATIONAL PROGRAMS WERE PRESENTED BY TWO PASCO FNP PROGRAM ASSISTANTS:

Brenda Borjas – “Breast is Best” Message Promoted at DOH for Breastfeeding Week

Forty-five WIC clients, along with their children and/or spouses, attended a Pasco County Department of Health event for expectant mothers. It was very successful as most of the attendees received important information about tools and ideas they could use to stay healthy while pregnant and/or breastfeeding.

Many of the pregnant clients came with their mothers as both felt that the pregnancy would be healthier and easier for the mother-to-be.

One mother commented that it was great that DOH was providing this information as it helped to alleviate the stress that comes with being a new parent as well as learning how to stay healthy though the pregnancy and beyond the new-born years.

Pregnant clients and their mothers received basic nutritional information for themselves, hopefully allowing more of a stress-free environment for the mother and child in the future, especially the first year they have together.



For more information contact Betsy Crisp, MS, LD at UF/IFAS-Pasco County Extension 813-929-2725

Karen Faverty – “Moms Celebrate Healthy Food Choices at World Breastfeeding Week”

The Family Nutrition Program (FNP) and the Pasco County Women, Infants and Children Program (WIC) shared information at the Pasco County Health Department Main Street clinic on, August 8, 2013, to celebrate World Breastfeeding Week. The purpose of this global event is to raise awareness of the health benefits of breastfeeding for moms and babies around the world. The theme of the FNP table was MyPlate and Food Safety for pregnant and breastfeeding women and young children.



Surprise was expressed by many participants as they took handouts on Clostridium botulinum risk and why honey should not be fed to children less than 12 months old; Listeria monocytogenes, which causes listeriosis, a serious disease for pregnant women, newborns, and adults with a weakened immune system; E. coli O157:H7- A bacterium that can produce a deadly toxin and causes approximately 73,000 cases of foodborne illness each year in the U.S. Sources: beef, especially undercooked or raw hamburger; produce; raw milk; and unpasteurized juices and ciders; and Salmonella – the most common bacterial cause of diarrhea in the United States, and the most common cause of foodborne deaths.

Materials for safe food handling from the Partnership for Food Safety Education, www.fightbac.org, were also distributed. Everyone left the event with a heightened sense of awareness of how to protect themselves, their children and unborn children from foodborne illness.

