Community Partnership Presents
“Becoming a Mom/Comenzando bien” Training

The best way to prevent any complications of pregnancy is to obtain high quality pre-natal care in the first trimester. The Santa Barbara Public Health Department Maternal, Child Adolescent Health program is partnering with the March of Dimes, the Santa Barbara County Education Office and the Sansum Diabetes Research Institute to promote high levels of care during pregnancy by providing training at the first annual “Becoming a Mom/Comenzando bien” Training for Promotoras and Medical Assistants.

In 2010 only 73% of women in Santa Barbara County received prenatal care in their first trimester of pregnancy as compared to the California rate of 84%. The women who did not receive prenatal care risk complications to themselves and their babies. Approximately 8% of all pregnancies in the United States are complicated by diabetes, which is associated with poor neonatal and maternal outcomes. “Becoming a Mom/Comenzando bien” training is designed to improve these statistics by providing important information about prenatal care to low-income women.

“Becoming a Mom/Comenzando bien” participants are informal community leaders and assistants in medical offices. They work and live in the neighborhoods where our low-income Spanish speaking mothers-to-be live. Promotoras and Medical Assistants receive training in many areas related to health and share the important information with those in their neighborhood.

The “Becoming a Mom/Comenzando bien” training will focus on eating healthy, breastfeeding, gestational diabetes and other behaviors that promote the health of mother and infant. When mothers to be know and understand the steps they can take to prevent premature births and pregnancy complications, everyone benefits.

“Becoming a Mom/Comenzando Bien” training

When: April 16, 2013
Where: CenCal Health – Hart Auditorium, 4050 Calle Real, Santa Barbara, CA 93110
Time: 8:30 am – 4:30 pm
Registration: $25, (includes breakfast and lunch)

For registration, contact: Carmen Unzueta, 805-681-4933 or carmen.unzueta@sbcphd.org

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