



## Are you pregnant, and

- ✔ Have a body-mass index of 40 or higher **OR** have type 1, type 2, or gestational diabetes?
- ✔ Live in the Fort Pierce zip codes of 34947 or 34950?

## If so, Join One Fit Mama

Our **FREE** program provides professional nursing support to help you prevent or manage diabetes and reduce the risk of:

- High Blood Pressure
- Premature Delivery
- An Extra Large Baby
- Other Birth Complications



### Interested?

Sonya.Gabriel@FLHealth.gov  
StLucie.FloridaHealth.gov  
772-462-3955



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# 5 WAYS

## ONE FIT MAMA CAN HELP

One Fit Mama provides personalized nursing support for pregnant women who have diabetes or are at risk of developing it. Our nurse will guide you through your pregnancy to help you and your baby stay healthy. Incentives are available, while supplies last.



1

### WHOLE CARE

Your nurse will conduct an assessment, provide health information, and link you to services and providers who can care for your health needs.

2

### EDUCATION

Did you know that you're not really eating for two? One Fit Mama teaches you how to use nutrition and exercise to stay healthy during pregnancy.

3

### TRACKING HEALTH

During your pregnancy, we monitor your weight, blood sugars, and other bioindicators that help us evaluate and track your health.

4

### NUTRITION

Eligible moms-to-be can enroll in Women, Infants, and Children (WIC) which provides supplemental nutritious foods and nutritional counselling.

5

### REDUCING RISKS

Our program can help you reduce the risk of pregnancy and birth complications such as birth defects, premature birth, high blood pressure, and the need for a cesarean section.

This project is supported by funds made available from the Centers for Disease Control and Prevention, Center for State, Tribal, Local and Territorial Support, under CDC-OT21-2103

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