

# Upcoming Events




## Farmer's Market at WIC

Use your WIC Farmers market coupons, EBT cards, NY Fresh Check or cash to buy fresh fruits and vegetables. 375 West Onondaga Street, every Wednesday through October 28th, 2:00-5:00 p.m. For more information, call 435-3280.



## Why does my race affect my health and my baby's health?

Please join Syracuse Healthy Start and the March of Dimes on Thursday, November 5th from 5:00 - 8:00 p.m. at McKinley-Brighton School, 141 W. Newell Street, Syracuse. We will have dinner at 5:00 p.m. followed by our program with guest speaker, Dr. Raymond Cox at 6:00 p.m. Please call 424-0009 to sign-up today! Reservations are required and must be received by October 29, 2009.

Onondaga County Health Department  
Syracuse Healthy Start  
501 East Fayette Street  
Syracuse, NY 13202



# Healthy Start News

Celebrating 10 Years of Syracuse Healthy Start

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## Folic Acid: Important vitamin before, during, and after pregnancy

Folic acid is a B vitamin. Our bodies use it to make new cells. Everyone needs folic acid, but for women who can get pregnant, it is really important. If a woman has enough folic acid in her body before she is pregnant, it can help stop major birth defects of a baby's brain and spine (neural tube defects). These birth defects of the brain and spine happen in the first few weeks of pregnancy, even before some woman find out they are pregnant.

All women should start taking folic acid every day whether they are planning on becoming pregnant or not. It is recommended that every woman who could become pregnant get 400 micrograms (400 mcg) of folic acid every day.

One easy way that women can be sure to get enough folic acid is to take a vitamin that has folic acid in it every day.

You can also get folic acid in a healthy diet, but it is hard to get enough every day through food alone. That is why it is important to take a vitamin with folic acid every day.



### Folic acid is found in these foods:

- Fortified breakfast cereals
- Lentils
- Asparagus
- Spinach
- Black beans
- Orange juice
- Peanuts
- Enriched breads and pasta
- Romaine lettuce
- Broccoli

## Summer/fall 2009

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Syracuse Healthy Start Newsletter is not intended to replace the services of a physician. Information is provided for informational purposes only and is not a substitute for professional medical advice.

Joanne M. Mahoney  
County Executive



Cynthia B. Morrow, MD, MPH  
Commissioner of Health  
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*Syracuse Healthy Start promotes healthy pregnancies and healthy babies through community partnerships, community referrals, health education, case management, and home visitation. Funding for Healthy Start is provided by Health Resources and Services Administration*



## Breakfast at the Zoo

Syracuse Healthy Start held its third annual breakfast at the Rosamond Gifford Zoo on May 22, 2009. Dr. Cynthia Morrow, Commissioner of Health for the Onondaga County Health Department spoke to families on the importance of safe sleep for babies. "Give your baby some space. Share the room. Not the bed." Following the breakfast, families received free admission to the Zoo for the day.



## Kids Need Flu Vaccine Too!

Most people think of senior citizens when they think about who should get an annual flu shot. However, even healthy children are at a high risk of getting the flu. The Centers for Disease Control now recommend annual flu shots for **all** children 6 months to 18 years of age.

The first time a child under 9 years old gets a flu shot, he/she will need two doses, 1 month apart. After these 2 starting doses, a child will only need 1 dose for each following year. If you have a child under 9 years old who got the flu shot for the first time last year and only received one dose, two doses will be necessary this year to get full benefit from the vaccine. If your child dislikes needles, a vaccine that can be inhaled through the nose is now available for healthy children over two years of age.

Protect your family from flu! Call your child's healthcare provider to make an appointment to get a flu shot. If you don't have a provider or your provider does not have a supply of flu vaccine, the Onondaga County Health Department will be offering four family flu clinics for children 6 months and over and their families. No one is turned away, even if they are unable to pay for the shot. Watch the local news or call 435-3280 for more information on clinic dates and locations coming soon!



Give your baby some space.  
Share the room. Not the bed.



Babies sleep  
safest in their cribs.

- Beds are not safe for sleeping babies.
- Don't let your baby sleep on any soft surface (sofa, pillow, blanket, arm chair, etc.) - not even for a nap.
- Your baby needs room to breathe. Do not use blankets, pillows, bumper pads, or toys in the crib.
- Cuddle with your baby during feeding time and waking hours, but when it is time to sleep, place your baby in a crib.
- Remember to tell family, friends, and child care providers how to keep your baby safe.

Want to know  
more about safe sleep?

For more information, talk to your doctor.  
Or call Syracuse Healthy Start at 435-2000.



## Healthy Recipe for You and Baby!

### Squash and Apple Crisp

#### Ingredients:

- 6 cups cooked butternut squash
- 3 cups chopped apples
- 2 Tbsp. 'light' tub margarine
- 2 Tbsp. ground cinnamon
- 2 tsp. ground ginger
- 1/4 cup brown sugar
- 1/4 cup whole wheat flour
- 1/3 cup oatmeal.



#### Directions:

Preheat oven to 350°.

In a large bowl, stir cooked squash and chopped apples together. Spread squash and apples in a lightly greased 9X13 pan. (Grease pan with cooking spray).

In a medium sized bowl, combine margarine, cinnamon, ginger, sugar, flour, and oats until crumbly. Sprinkle over squash and apple mixture.

Bake at 350° for 35-40 minutes or until hot and brown. Serve warm.