



## **B'more Fit for Healthy Babies**

### **Background**

Healthy and full-term babies born ready to thrive in healthy families. That's the vision of the B'more for Healthy Babies (BHB) Initiative. BHB has the goal of giving every baby in Baltimore the best start possible. It is led by the Baltimore City Health Department and the Family League of Baltimore.

BHB was launched in 2010 to prevent babies from dying. The infant mortality rate has dropped each year since. In 2012 the rate reached a record low of 9.7 infant deaths per 1000 live births.

BHB has many programs to help women and babies become healthier. B'more Fit for Healthy Babies is one of BHB's priority programs.

### **B'more Fit for Healthy Babies Program**

Mothers who are obese or overweight may have health problems during pregnancy and delivery. Their infants may have poor outcomes, too. More than 40% of women in Baltimore City are obese.

B'more Fit for Healthy Babies helps postpartum women reach a healthy weight in preparation for their next pregnancy. The weekly program offers weight loss counseling, group exercise, a trauma-informed care approach, transportation, and on-site childcare.

B'more Fit for Healthy Babies primarily serves low-income African American and Latina women. Sessions for women with children under the age of three are held in Upton/Druid Heights and Patterson Park North & East (in Spanish). The newest location in Park Heights is open to women and men.

### **B'more Fit Program Locations**

Monday evenings 5:30-8PM  
Druid Hill Y (English speaking)  
1609 Druid Hill Ave  
Baltimore, MD 21217

Tuesday evenings 5:30-8PM  
V.S. Baker Recreation Center  
2601 E. Baltimore Street  
Baltimore, MD 21231  
(Spanish speaking site)

Thursday evenings 5:30-8PM  
Zeta Center  
4501 Reisterstown Road  
Baltimore, MD 21215  
(Co-ed) \*thru 4/30/15 only

### **Results**

- More than 500 women have participated since the program began in January 2012.
- Consistent participants have lost over 5,700 pounds as of October 2014.
- 22% of women who have attended at least 12 sessions have lost 10% of their body weight.
- Women who attend regularly report getting 2 hours of exercise each week.

### **B'more Fit for Healthy Babies Coalition**

Monthly coalition meetings occur to develop and implement citywide nutrition and fitness related strategies and to monitor weekly program activities.

## Strategic Goals

- Help women enter pregnancy at a healthy weight.
- Create family and community support for healthy diet and fitness.
- Improve access to healthy food, fitness opportunities, and weight loss programs.
- Advocate with government agencies, workplaces, and health insurance plans to adopt policies that make it easier for people to eat healthy and exercise.

## What Can You Do?

- Spread the word about the program.
- Like us on the B'more Fit for Healthy Babies facebook page and visit [www.healthybabiesbaltimore.com](http://www.healthybabiesbaltimore.com)
- Join the B'more Fit coalition.

## Partners

The B'more Fit for Healthy Babies Project is supported through generous funding from the U.S. Department of Health and Human Services, Office on Women's Health's Coalition for a Healthier Community Grant. This project was selected from a pool of 137 national proposals and is one of only 10 funded. The Leonard and Helen R. Stulman Foundation has also supported the program for three consecutive years. B'more Fit won additional funding from the US Conference of Mayors and Weight Watchers for the expansion to the Zeta Center in 2014.

**Lead Agencies:** The Baltimore City Health Department and the Family League of Baltimore

- American Heart Association, Maryland
- Baltimore City Department of Recreation and Parks
- Baltimore Medical System, Inc.
- Brick Bodies Health Clubs
- Dru-Mondawmin Healthy Families
- Health Leads
- Johns Hopkins University Bloomberg School of Public Health Dept. of Health, Behavior, and Society
- Maryland Department of Health and Mental Hygiene
- Mercy Medical Center
- Planned Parenthood of Maryland
- TOPS, Inc.
- University of Maryland Baltimore County
- University of Maryland School of Social Work, B'more for Healthy Babies.
- Weight Watchers
- West Baltimore CARE
- WIC
- Y of Central Maryland

## Contacts

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