



B'more Fit for Healthy Babies Coalition Overview

B'more Fit for Healthy Babies Coalition's Purpose

The B'more Fit for Healthy Babies Coalition exists to plan and execute an obesity reduction strategy for women of childbearing age in Baltimore City. The strategy will include interventions designed to address issues regarding nutrition and fitness that are related to policy/ systems, services, and community/families/ individuals. The strategic plan and direct service program were devised over a one-year planning period. The comprehensive fitness and nutrition program aiming to serve 1,400 postpartum women living in three target neighborhoods will begin early in 2012 and run until at least 2016.

Baltimore City needs B'more Fit for Healthy Babies.

Babies born in Baltimore City die at a rate that is among the worst in America. In 2009 alone, 128 infants under the age of one died. Moms in Baltimore are also unhealthy.

- Forty percent of women in Baltimore City ages 18-44 are considered obese.
- Obese women face increased risks during pregnancy and delivery, and their infants are more likely to have poor birth outcomes.

In response to the public health crises of poor birth outcomes and obesity, The Baltimore City Health Department and the Family League of Baltimore City co-lead the B'more for Healthy Babies Initiative (BHB), a three year infant mortality improvement strategy, and the B'more Fit for Healthy Babies Coalition, which will support the third phase of BHB, "Healthy Baltimore."

Vision

All women and girls in Baltimore City will be at a healthy weight before, during, and after pregnancy.

Mission

For all women and girls in Baltimore City to enter pregnancy at a healthy weight; gain appropriate weight during pregnancy; and maintain a healthy weight after pregnancy through increased access to and utilization of evidence-based and promising weight management, nutrition, and exercise programs tailored to meet their specific needs.

Turn over...

B'more Fit for Healthy Babies is ready to lead and serve with the help of great partners!

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

- Baltimore City Department of Recreation and Parks
- Baltimore Interfaith Coalition
- Baltimore Medical System, Inc.
- Brick Bodies
- Dru-Mondawmin Healthy Families
- Jewel House
- Johns Hopkins University Bloomberg School of Public Health
- Johns Hopkins Urban Health Institute
- Michelle's Haven
- Maryland Department of Health and Mental Hygiene
- Mercy Medical Center
- Park Heights Community Health Alliance
- Planned Parenthood of Maryland
- Priority Partners
- Save-a-Lot
- Weight Watchers
- What to Expect Foundation
- WIC
- Y of Central Maryland

B'more Fit for Healthy Babies welcomes your support. Please contact us to learn more.

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