



Ohio Infant
Mortality
Reduction
Initiative

**HIGH
HOPES
PROGRAM**

ABOUT US

High Hopes is a free and confidential outreach program for African American pregnant women in Butler County. Our program helps women obtain the prenatal care they need to deliver healthy babies.

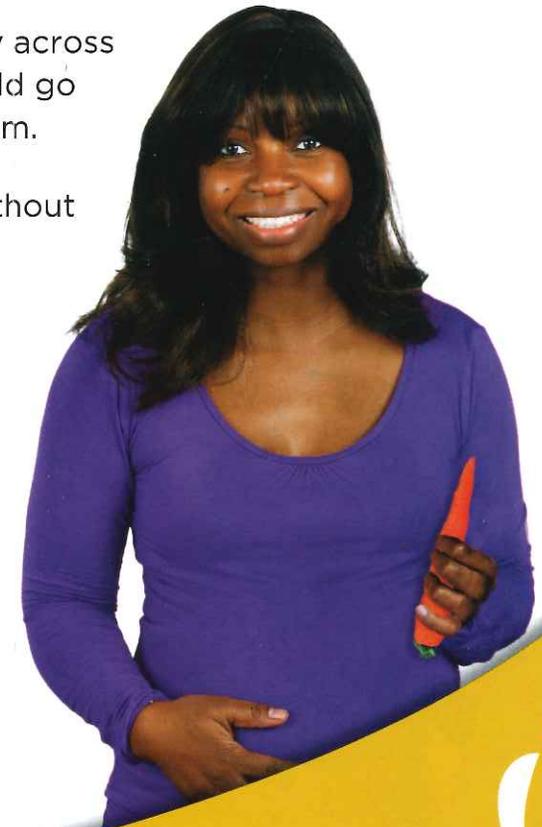
Our Certified Community Health Workers make scheduled home visits that begin during pregnancy and continue until the child reaches age two. We provide health education, life skills training, referrals to community resources, and we help women to make positive choices for themselves and their children.

Services are available through the
Butler County Health Department
301 S. Third Street
Hamilton, Ohio 45011
513.887.5249

HIGH HOPES

Healthy Tips for Pregnant Moms

- ❁ Receive early prenatal care.
- ❁ Eat a healthy diet with lots of fruits and vegetables.
- ❁ Take a prenatal vitamin that contains folic acid each day.
- ❁ Floss and brush your teeth to reduce bacteria in your mouth. See your dentist at least once during your pregnancy.
- ❁ Wear your seatbelt below your belly across your lap. The shoulder harness should go across your chest, not under your arm.
- ❁ Never take medications or drugs without checking with your doctor first.
- ❁ Say “no” to beer, wine coolers, and liquor.
- ❁ Quit smoking or at least cut down.
- ❁ Avoid caffeine. Do not drink excessive amounts of sodas, tea, or coffee. Instead drink plenty of water.



**HIGH HOPES
PROGRAM GOAL**

Our goal is to reduce infant mortality and low birth weight rates among the African American community.



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HIGH HOPES PROGRAM



**Your Guide to Services
for You and Your Baby**



Helping
Infants
Grow
Healthy

Home Visits
Outreach Programs
Prenatal & Postnatal
Education and
Support

For more information about the program or to make a referral, call the Butler County Health Department at
513.887.5249

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