



Family & Consumer Sciences

Cent\$ible Nutrition Program

Helping Families Eat Better for Less

UNIVERSITY
OF WYOMING
Cooperative Extension Service

Low Birthweight

Are you putting your baby at risk?

Wyoming's rate of low-birthweight babies is increasing. Teens have the highest incidences of low-birthweight babies in Wyoming.



What is a low-birthweight baby?

A full-term baby that weighs 5½ pounds or less at birth is considered low-birthweight.

What are the risks to your baby?

- increased chance of death or disabilities like cerebral palsy, autism, mental retardation, vision and hearing problems
- slower physical and mental development
- immune system problems, higher incidence of illnesses

What are the risks to you?

- higher doctor bills
- more time off work
- harder to find child care for a sick baby

What can you do to lower your risk of having a low-birthweight baby?

- Avoid alcohol, drugs, and nicotine. Cigarette smoking is the greatest known risk factor for low-birthweight babies.
- Get pre-natal care as soon as you know you are pregnant.
- Eat 3 meals and at least 2 snacks every day. Choose foods according to the USDA MyPyramid.
- Eat an evening snack and breakfast, especially after the first 3 months.
- Gain the right amount of weight during your pregnancy.

normal weight before pregnancy	gain 25 – 35 pounds
underweight before pregnancy	gain 28 – 40 pounds
overweight before pregnancy	gain 15 – 25 pounds
- Drink lots of water. Stay away from caffeine and diuretics (unless advised by your doctor).

YOUR BABY IS COUNTING ON YOU FOR A HEALTHY START!

This material was funded by USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county social services office. Issued in furtherance of Cooperative Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Glen Whipple, Director, Cooperative Extension Service, University of Wyoming, Laramie, Wyoming 82071. Persons seeking admission, employment, or access to programs of the University of Wyoming shall be considered without regard to race, color, religion, sex, national origin, disability, age, political belief, veteran status, sexual orientation, and marital or familial status. Persons with disabilities who require alternative means for communication or program information (Braille, large print, audiotape, etc.) should contact their local UW CES Office. To file a complaint, write the UW Employment Practices/Affirmative Action Office, University of Wyoming, Dept. 3434, 1000 E. University Ave., Laramie, Wyoming 82071 3434.