

Seven Random Pregnancy Facts

- ◆ Each year in the United States, there are approximately six million pregnancies. This means that at any one time, about 4% of women in the U.S. are pregnant
- ◆ The average size of a full-term baby in the U.S. is 8 pounds. This is an increase from 6 pounds 30 years ago.
- ◆ Fewer than 10% of babies are born on their exact due date, 50% are born within one week of the due date, and 90% are born within 2 weeks of the due date.
- ◆ Approximately 70% of expectant mothers report experiencing some symptoms of morning sickness during the first trimester of pregnancy.
- ◆ Many women experience thicker and shinier hair during pregnancy due to hormonal changes and consumption of extra vitamins.
- ◆ While the feet do not actually get longer or wider during pregnancy, most women do gain up to half a shoe size, due to increased fluid volume in the foot.
- ◆ Less than 1% of women in the United States choose to deliver their babies at home, while 30% of Dutch women opt for home births.

MOMS Prenatal Program Goal:

Provide expectant mothers with support to help ensure a healthy pregnancy and birth by providing information, education, one-on-one home visits, and referrals to community services to help address the needs of expectant moms.



Warren County Public Health

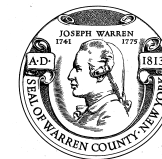
Phone: (518) 761-6580

Fax: (518) 761-6422

Website:

www.co.warren.ny.us/healthservices

Warren County Division of Public Health



Maternal Child Health

MOMS Prenatal Program

*Helping expectant women become
MOMS*



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MOMS Program— My Public Health Nurse was an absolute pleasure to have in my home. She is wonderful with babies and very knowledgeable. She answered my many questions with confidence and a sense of humor. She truly helped save our family those first difficult months!

— Kerry (MOMS patient)

What Is the MOMS Program?

A prenatal program designed to compliment the care you receive from your primary health care provider during your pregnancy.

MOMS prenatal program is staffed by registered nurses who have experience helping pregnant women prepare for becoming a mom. Our nurses are able to answers questions expecting women have about pregnancy and childbirth, as well as, offering tips for coping with some of the common discomforts that pregnant women often experience.

Our trained nurses are able to assist pregnant women with no insurance find coverage and assist you in finding services for needs you identify.



Finally our nurses are able to make home visits to provide you with information, take your blood pressure and assess you for potential complications related to your health and pregnancy.

Do I Qualify for the MOMS Program?

If you live in Warren County and are pregnant call Warren County Public Health (518) 761-6580 to see if you qualify for MOMS prenatal program services.

Can My Primary Health Care Provider Refer Me?

Yes. If you are interested in the MOMS program your primary health care provider can send a referral to Warren County Public Health. Having your primary care provider make the referral also helps our nurses learn a little bit more about you before one of them contacts you.



How does the MOMS program benefit me?

- MOMS nurses provide information about pregnancy, childbirth, breastfeeding,, infant safety, and much more in the comfort of your home with no time constraints.
- MOMS nurses offer support for pregnant women by phone or in person when women often have a lot of questions.
- MOMS nurses can help pregnant women enroll in Medicaid if needed.
- MOMS nurses help women identify risk factors that can affect their pregnancy and help create a risk reduction plan to help ensure a healthy pregnancy.

How Much Does it Cost?

New York State Department of Health requires Warren County Public Health to attempt to bill insurance companies for reimbursement.

However, if your insurance plan requires a co-payment for the MOMS program service our billing staff will work with you to make sure you do not suffer any financial hardships.

Do not feel you cannot accept home visits out of fear of receiving a bill. In the event your insurance does not cover a home visit, you may still receive the service using a sliding scale fee.

For more information about program costs and insurance coverage please contact Warren County Public Health at (518) 761-6580.

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