

SHOW YOUR LOVE PLAN

Denver Public Health
Spring 2012



**The Show Your Love Program and
The Show Your Love Plan**

Developed by Denver Public Health
Maternal Child Health Program

Funding for this project provided by:

The Center for Healthy Families and Communities, Prevention
Services Division, Colorado Department of Public Health and
Environment, Maternal Child Health Block Grant and
March of Dimes

We would like to thank the following people who assisted in
concept development, editing, and publishing of this project: Helen
Burnside, Elisha Curtner, Caroline Leeds, Katie Languard, Jillian
White, Erica Martinez, Beverly Tafoya-Dominguez, and Kellie
Teter.

Dreams are important in helping people and their families live healthier, happier lives. This Show Your Love Plan is a tool that can help you reach your dreams by helping you set goals and plan the first steps to help you meet those goals. This plan can also help you decide if or when and under what conditions you would like to bring a child or another child into this world. A woman's emotional health and development are essential when considering when to start or expand her family. The Show Your Love Plan will also help you set health goals so you will be healthy enough to carry out your plan.

The healthier people are, the better they feel and look, and the more energy they have to enjoy life, so it's important that everyone lead a healthy lifestyle. However, it is even more important for women to lead healthy lifestyles, because even with the use of a reliable family planning method, they can get pregnant. If you live a healthy lifestyle you will give your baby (or babies) the best possible chance of being born healthy.

You may want to talk about your plan with family and friends; they can help you reach your dreams. It's important that the people in your life help you keep your plan. Of course sometimes things happen to change our plans, whether we want them to or not. New goals and plans can be made if life does not go as planned.

Remember, this plan is something that you will want to look at every six months or so to make sure you are still on track with your goals, and to change and create new goals as your life changes.

MY FUTURE

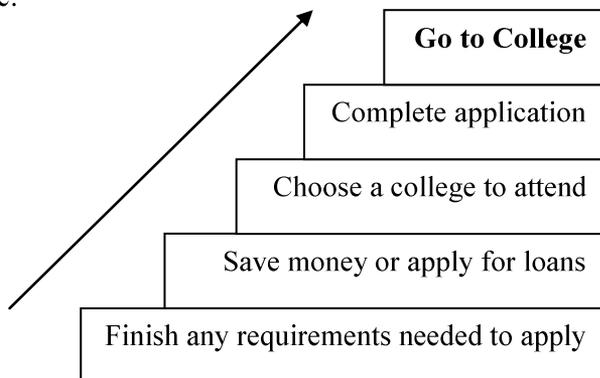
Dreams and Goals

Your goals and dreams are important to living a happy life. The Show Your Love Plan will help you plan ahead to meet your goals in life.

- What would you like to be doing one year from now? Will you be:
 - Enrolling in school?
 - Starting a career?
 - Helping your kids finish high school or college?
 - Traveling?
 - Renting or buying your own home?
 - Starting a family?
- In the next five years, how important is having a baby to you? How does this fit in with your other goals?

Use this space and/or the other blank spots in this plan to jot down thoughts; draw or doodle about your dreams, goals and the steps that will help you reach them; the people who will help you achieve them; or what you can do to stay on track.

For example:



My Goal(s):

Example: Go to College

First step: Get my GED/diploma

Next steps: Find out about locations and cost of classes.
Fill out an admission application.

1) Goal I have now:

First Step: _____

Next Steps: _____

2) Goal I have now:

First Step: _____

Next Steps:

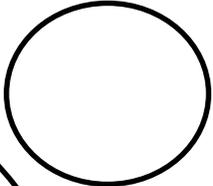
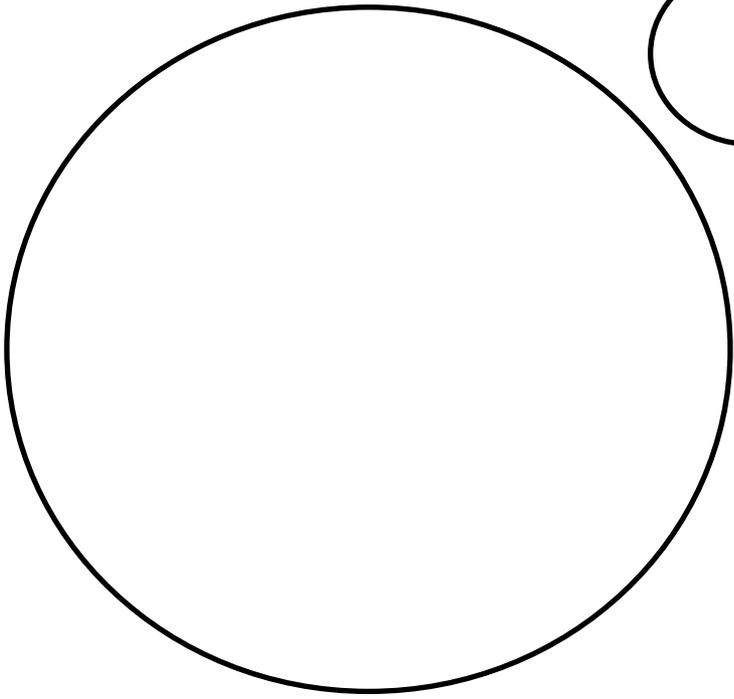
Use this space to answer any instructor questions. Use the extra space to jot down thoughts, draw, or doodle about your dreams and goals. Include the steps that will help you reach your goals, the people who will help you, or what you can do to stay on track.

Below is a list of healthy behaviors you might already be doing. Go through the list and circle each item you are already doing. You might be practicing more healthy behaviors than you realized!

Eat 2 servings of low fat dairy each day	Limit TV and computer time at home (2 hours per day or less)
Get plenty of sleep each night (8-9 hours)	Take a daily multivitamin
Drink plenty of water (8-10 glasses per day)	Visit the doctor and dentist for regular checkups
Eat a lot of fruits and vegetables (5 servings per day)	Clean cuts and wounds with soap and water
Be active every day (take a walk, play with your kids, walk the dog)	Avoid fatty, greasy, and other unhealthy foods
Exercise regularly (30-60 minutes per day)	Brush teeth twice a day
Laugh often	Wear a seatbelt in the car
Avoid drugs	Walk or bike instead of driving or taking the bus
Limit alcohol	Clean the house/apartment
Avoid stress	Take the stairs instead of the elevator
Have ways to de-stress	Use condoms
Limit fast food	Practice abstinence
Wash hands regularly	Wash fruits and vegetables before eating
Cook food thoroughly	Wear sunscreen

Use this space to draw and label items in a healthy meal you might eat. Use the guide below to plan healthy portions. Planning balanced, healthy meals can help you stay on track.

Plate Guide:



MY HEALTH: Actions That Protect My Health

The healthier people are, the better they feel and look, and the more energy they have to enjoy life. A healthy lifestyle before starting or adding to your family will help protect the health of your future baby.

Put a ♥ by the actions you do that protect your health. Put an ➔ by the behaviors that are NOT part of your life.

- _____ I am at a healthy weight.
- _____ I eat at least 3 servings of vegetables and 2 servings of fruit every day.
- _____ I get at least 2 servings of calcium-rich foods a day, such as skim, 1%, or soy milk; nonfat yogurt; or low fat cheese.
- _____ I use canola or olive oil for cooking instead of lard, margarine, shortening, or butter.
- _____ I eat salty, greasy, or high-sugar foods in only in small amounts or only on special occasions.
- _____ I drink plenty of water every day and avoid sweet drinks, sodas, fruit drinks, and sports drinks.
- _____ I floss my teeth daily and get dental check-ups twice a year.
- _____ I exercise for 30-60 minutes a day, fast enough that I am breathing hard, but slow enough to talk.
- _____ I get a Pap smear and breast exam regularly. If I think I am at risk for an STD, I get checked.
- _____ I eat small fish, such as tilapia, snapper, salmon, sardines, and chunk light tuna. I avoid fish that are high in mercury, such as shark, dorado, king mackerel, and albacore tuna.
- _____ I follow safety precautions when I work with or use lead solder, weed or insect killers, or other toxic chemicals.
- _____ I take a daily multivitamin that contains folic acid, which helps to prevent some types of birth defects when taken before and during pregnancy.

**You might want to change your ➔ to a ♥
as you add healthy actions to your life!**

Health Resources: Local community and recreation centers often have low-cost memberships and fun classes to join. Check their websites or **call 211** for information. Look for new healthy recipes in the weekly newspaper or check out cookbooks from your local library.

MY HEALTH: Actions That Put my Health at Risk

To protect your health, you might want to think about cutting back or giving up actions that put your health at risk. If you need help, contact your healthcare provider, local mental health clinic, or health clinic. They can refer you or give you information about helpful resources. If you are behaving in ways that put your health at risk, using a reliable family planning method until you are ready to quit will help protect you and the health and well-being of your future children.

Put an X by things you do that put your health at risk. Put a ♥ by behaviors that are NOT part of your life.

___ I am a minor who drinks alcohol. Minors who drink alcohol risk having trouble with parents, school, work, and/or the law.

___ I am over 21 years of age, and drink more than one drink per day. This raises the risk of breast cancer in women and may lead to other health problems. **No** amount of alcohol is safe if you are pregnant or planning to become pregnant, as it can cause birth defects and/or mental retardation.

___ Sometimes, I drink alcoholic beverages (beer, wine, vodka, etc.) one right after the other in order to get very drunk.* Alcohol use can lead to addiction, chronic liver disease, and other health problems.

___ I constantly diet or binge on food. Eating problems often result in poor nutrition.

___ I have unprotected sex, more than one partner, and/or I have a partner who has sex with others. Sexually transmitted diseases can lead to infertility, lifelong health problems, and birth defects in children born to women with STDs.

___ I have a sexual partner who uses drugs to get high. Men who use drugs can put their future children at risk for birth defects and other problems.

___ I use drugs to get high.* Women who use drugs can put their future children at risk for birth defects and other problems.

___ I use tobacco.* Tobacco can lead to cancer, heart disease, or lung disease, and if used during pregnancy, may lead to babies who are born too small or too soon, as well as other health problems.

**You might want to change your → to a ♥
as you stop doing actions that put your health at risk!**

My Health Goal(s):

Example: Quit smoking*

First step: I will call the QuitLine® at 1-800-QUIT NOW on Saturday morning.

Next steps: Set a Quit Date.

Follow up with my Quit Coach

Get rid of the ashtrays inside my house.

1) **My Health Goal:** _____

First Step: _____

Next Steps: _____

My Health Goal: _____

First Step:

Next Steps:

MY HEALTHY FUTURE FAMILY:

Do you want to have a child or another child in the future?

If YES:

How many children or how many more children would you like to have? _____

How old will you be when you have your first or next child? _____

How do you think you will feel having a child or another child at that age? _____

How many years would you like there to be between your children? _____

If you are sexually active, do you have a plan to prevent pregnancy until you are ready? _____

Is there someone you can speak with about birth control options? (Example: your mother, sister, healthcare provider, or an another adult whom you trust) _____

If you get pregnant before you are ready, what will you do? Who can you turn to for help? _____

If NO:

If you are sexually active, do you have a plan to prevent pregnancy? _____

If you get pregnant anyway, what will you do? _____

BIRTH CONTROL

On page 13 there is list of common types of birth control, how they are used, and their frequency of use. Look over this list and think about talking to your healthcare provider about which methods interest you.

 Circle the types you would consider using now.

 Put a star by the types you would consider using in the future.

For more birth control facts and information or resources,
www.bedsider.org or call 211 for more resources.

Method	Use	Frequency
Male Condom	Male wears on penis.	Every day/Every time
Monthly Oral Contraceptive (the Pill)	Take one pill a day as directed; 28-day pack.	Every day/Every time
Extended Regimen Oral Contraceptive	Take one pill a day as directed; 3-month pack.	Every day/Every time
Patch	Apply to skin and change weekly.	Long-acting method
Vaginal Ring	Insert monthly into vagina as directed, leave in place for 21 days.	Long-acting method
Injection (the shot)	Get hormone injections every 3 months.	Long-acting method
Spermicide	Apply deep into vagina every time before sex, stops sperm movement.	Every day/Every time
Hormonal Intrauterine Contraceptive (IUC); also called IUD	A healthcare provider inserts a small, plastic “T”-shaped device into a woman’s uterus to cause changes in the uterus; it can remain for up to 5 years.	Long-acting method
Non-Hormonal Intrauterine Contraceptive (IUC); also called IUD	A healthcare provider inserts a small metal “T”-shaped device into a woman’s uterus; it can remain for up to 10 years.	Long-acting method
Implantable Hormonal Contraceptive	About the size of a match, this rod is implanted by a physician under the skin of the arm and releases hormones. It can remain effective for up to 3 years.	Long-acting method
Diaphragm	Insert into vagina every time before sex, keep in place for 6 hours after sex.	Every day/Every time
Contraceptive Sponge	Insert into vagina every time before sex, effective for 24 hours. Keep in place for 6 hours after sex.	Every day/Every time
Cervical Cap	Insert into vagina every time before sex, keep in place for 6 hours after sex.	Every day/Every time
Female Condom	Pouch-like with a ring on the end, the female condom is inserted into vagina every time before sex.	Every day/Every time
Female Sterilization	“Tubes tied” or male sterilization “vasectomy”; permanent procedures, no action required after surgery.	Long-acting method
Natural Rhythm Method/Natural Family Planning	This method teaches a couple about when a woman is most likely to become pregnant, and then the couple avoids sex during those times to avoid pregnancy.	Every day/Every time

The Denver Metro Health Clinic (DMHC)

The Denver Metro Health Clinic is a public health clinic staffed by health professionals who provide family planning services and STD testing and treatment.

How to make a future family planning visit:

First, call 303-602-3540; the line is open 24 hours a day. Select #4 and leave your name, date of birth, and phone number, and say that you need a Family Planning visit. The staff will call you back and set up a time for your visit. For more information visit:

www.denverstdclinic.org

Planned Parenthood

Planned Parenthood of the Rocky Mountains has 10 locations throughout metro Denver and they offer birth control, tests and treatment for sexually transmitted diseases (STDs), emergency contraception, pregnancy tests, and male and female exams and services.

How to make a future family planning visit:

Call 303.321.PLAN to make an appointment and press 2, then to make an appointment press 1. You will then be connected to a staff person that will assist you in making an appointment and answer additional questions. For more information visit:

<http://www.plannedparenthood.org/rocky-mountains>

My Future Family Goal(s):

Example: I will wait until I finish school to have my first or next child.

First step: I will go to a family planning clinic to get some condoms and lube.

Next steps: Talk with my partner about safe sex and my plans for the future.

Use a condom every time we have sex.

1) **My Future Family Goal:** _____

First Step: _____

Next Steps: _____

My Future Family Goal: _____

First Step: _____

Next Steps: _____

Use this space to jot down thoughts, draw, or doodle about your future family goals. Include the steps that will help you reach your goals, the people or programs that can help you reach them, and what you can do to stay on track.

STRESS AND MENTAL HEALTH

Stress is a feeling you get when faced with a challenge. In small doses, stress can be good for you because it makes you more alert and gives you a burst of energy. But feeling stressed for a long time can take a toll on both your body and your mind. Stress can lead to problems like obesity, high blood pressure, heart disease, anxiety, or depression. Too much stress during pregnancy can lead to premature delivery, low birth weight, and other health problems.

Everyone has to learn to deal with stress. There are steps you can take to help you handle stress in a positive way and keep it from making you sick. A healthy diet and plenty of rest (6-8 hours of sleep) go a long way toward keeping stress in check. You can also try these tips: exercise, play a sport, meditate, go for a walk, talk to your friends, take some deep breaths, laugh just to laugh.

If you feel that you can no longer cope, talk to your healthcare provider, a mental health counselor, or therapist. Stress can cause hormones in your brain get out of balance. Counseling and/or medications can help you learn to manage stress better and get your hormones back in balance. People who need care for mental or emotional health issues are not crazy; they have a problem and are working to get better. The questions below can help you decide if you need professional help.

- Do you often feel sad, anxious, unfocused, or worried for long periods of time?
- Do you feel hopeless or helpless most of the time?
- Do you feel useless and/or want to hurt myself?
- Do you have problems with eating too much or too little?
- Do you feel either tired or wired (jittery) most of the time?

Get Help

Emotional or physical abuse is a major cause of stress. If someone is making you feel worthless, ugly, or stupid; pushing, slapping, hitting, or kicking you; forcing you to have sex or do sex acts that make you feel bad; or otherwise hurting you, help is available.*

***Safe House Denver** (303-318-9989) can help women with shelter and/or counseling. The National Teen Dating Abuse Hotline (1-866-331-9474 or online at www.loveisrespect.org) helps teens dealing with abuse issues. Not sure about a relationship? Check out www.uhavetheright.net. Or **call 211** for other resources.

My Stress or Mental Health Goal(s):

Example: I want to feel well and help my family be healthy and happy.

First step: I will call for an appointment with my doctor or a local mental health center.

Next steps: I will ask a friend to sit with me when I call.
I will get and take my medicines.

1) **My Stress or Mental Health Goal:** _____

First Step: _____

Next Steps: _____

2) **My Stress or Mental Health Goal:** _____

First Step: _____

Next Steps: _____

Use this space to jot down thoughts, draw, or doodle about your stress or mental health goals. Include the steps that will help you reach your goals, the people or programs that can help you reach them, and what you can do to stay on track.

PRE-CONCEPTION CARE

YOUR PRE-CONCEPTION HEALTH CHECKUP

Preconception healthcare is care a woman receives before or between pregnancies. If your healthcare provider, clinic, or doctor's office staff do not know what a preconception checkup is, ask for an extended physical. You can then go over the items included in the preconception checklist on the next few pages with your provider. This is the time to talk with your healthcare provider about all the physical, mental, and social factors that could affect your health and that of your future baby. By getting preconception healthcare, a woman can get support from her healthcare provider to take steps needed before pregnancy to protect her health and give her baby the best possible start.

During the checkup, you will talk with your provider about your family history. A family history includes medical information about you, your partner, and your families. If the provider feels like something could go wrong, he or she will have you see a specialist or arrange for special tests.

If you have a condition like epilepsy, diabetes, or high blood pressure, your provider may need to arrange for special care during your pregnancy. For example, if you take medications, your provider may ask you to change to a drug that is safer during pregnancy.

Your provider will review any medications you're already taking. These include prescription, over-the-counter, and herbal medicines or teas. Some medicines are not safe to use during pregnancy.

Catching a disease like chickenpox or rubella (German measles) during pregnancy can harm your baby. Your provider can order a blood test to find out if you have already had the disease or have been immunized. If you need an immunization, wait at least one month after the shot before trying to get pregnant.

For more information on preconception health
and preconception health appointments, visit

http://www.marchofdimes.com/pregnancy/getready_checklist.html .

SHOW YOUR LOVE

When you are ready to start a family or add to your family, it is a good idea to have a few things in place to help your baby be as healthy as possible. Aside from living a healthy lifestyle, one very important step to take when you plan to get pregnant is to make sure that you have enough Folic Acid in your body. Folic Acid is an important vitamin at any time, but it is especially important during the first month of pregnancy, when your baby's brain and spine (also called the "neural tube") are first developing. By taking a vitamin with 400ug (micrograms) of Folic Acid every day for **at least** a few months before becoming pregnant you can help protect your baby from birth defects like spina bifida.

Folic Acid is an important vitamin for women; it has many benefits for our appearance and our bodies. Folic Acid will make your hair grow faster, your nails grow stronger, and could even improve your skin. Since your hair follicles, nail beds, and skin cells are some of the fastest-growing cells in your body, they need food to grow stronger and faster. The benefit to your appearance and to your potential baby, in the event you were to become pregnant, makes this an important vitamin for all women to take every day.

My Preconception Health Goal(s):

Example: When I am ready to get pregnant, I will make an appointment for a checkup.

First step: I will call and make an appointment for a checkup tomorrow.

Next steps: I will arrange for a ride to the appointment.
I will take the checklist with me.

1) **My Preconception Goal:** _____

First Step: _____

Next Steps: _____

2) **My Preconception Goal:** _____

First Step: _____

Next Steps: _____

Use this space to jot down thoughts, draw, or doodle about your preconception health goals. Include the steps that will help you reach your goals, the people or programs that can help you reach them, and what you can do to stay on track.

PRECONCEPTION VISIT GUIDE

If you are thinking about getting pregnant, make an appointment with your doctor to talk about your preconception health. Bring this list of talking points to be sure you don't forget anything. If you run out of time at your visit, schedule a follow-up visit to make sure everything is covered. To make things easier for you and your doctor, ask your family and the baby's father's family about their health history — ask about illnesses, causes of death, birth defects, premature labor, and problem deliveries.

Ask your doctor about:	Write down what your doctor says here:
When you should stop using your family planning method	
Taking folic acid	
Vaccinations (shots) you might need	
Health problems you have, including how pregnancy may affect, or be affected by, health problems or problems you have had with prior pregnancies, including any pre-term births	

Notes:

Ask your doctor about:	Write down what your doctor says here:
Health problems your family or the baby's father's family might have that could affect you or your baby	
Screenings you might need such as a Pap test or tests for sexually transmitted diseases (STDs)	
Medicines you use, including prescription and over-the-counter drugs and herbal or natural supplements	
Whether you are at a healthy weight or how to get to a healthy weight	
Behaviors that put your health or your future baby's health at risk	
Stress levels, mental health issues or any abuse you with which you are dealing	
Hazards in your home or workplace that could affect pregnancy	
Ways to improve your overall health and avoid illness	

Adapted from the Preconception Visit: Print and Go Guide, developed by the U.S. Department of Health and Human Services, Office on Women's Health. Updated September 2010. Accessed at <http://www.womenshealth.gov/pregnancy/mom-to-be-tools/preconception-visit.pdf> on February 2, 2011.

Notes (use next page if needed):

There are many things to think about when planning your future, especially when a baby might be involved. It is important to be mindful that a pregnancy may occur, even if not planned, and you need to be sure that you are physically and emotionally prepared. Hopefully, this Healthy Me, Healthy Family tool and the information about preconception health have given you something to think about and discuss with your family, friends, partners, and healthcare providers. Remember, this plan will change as you move through the different phases of your life, so you'll want to re-evaluate your plan about every six months to a year to be sure you're on target and to make any changes that need to be made. Making the effort to care for your health and well-being will help you live a healthier, happier life.

“Take care of your body.
It's the only place you have to live.”

-Jim John-