



Black Infant Health

WHOLE BODY HEALTH



Why It Matters

33% OF BLACK/AFRICAN AMERICAN BIRTHING PEOPLE IN SAN BERNADINO HAD HAD RECEIPT OF A DENTAL VISIT DURING PREGNANCY.

For more information, access the Maternal and Infant Health Data Snapshot [here](#).

Nutrition, physical activity, and oral health are all important components of having a healthy pregnancy, birthing person, and baby. Talk with your provider about the importance of ongoing prenatal care, nutritious foods and physical activity, and dental care.

Three Things to Know

1 Nutrition

To support the growth of your baby and maintain a healthy weight, take a daily prenatal supplement and eat a variety of fresh fruit and vegetables. Avoid raw or undercooked meat, fish, and poultry.

2 Physical Activity

Physical activity during pregnancy reduces body aches and pains, eases constipation, and reduces the risk of diabetes, high blood pressure, and excessive weight gain.

3 Oral Health

It is safe to have dental care while pregnant. See your dentist twice per year and take your baby to the dentist on their first birthday or when they get their first tooth.

Additional Resources on the Topic

For more information on this topic, please follow these resource links:



Prenatal Care Checkups: What is prenatal care and why is it important?



Exercise During Pregnancy: How to exercise safely during pregnancy.



A Cookbook and Guide for Mommy and Baby: Black Women for Wellness provides a free Cookbook Guide for Mommy and Baby to explore new foods for your baby that will support their growth and development.