



SOUTHERN REGIONAL HEALTH AUTHORITY

3 BRUMALIA ROAD, MANDEVILLE, MANCHESTER, JAMAICA WI
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PRESS RELEASE

May 31, 2017
FOR IMMEDIATE RELEASE:

Health Team Moves to Improve Responsibility Among Women During Pregnancy

With only 8.4 percent of pregnant women accessing prenatal care in the public health system during the third trimester of pregnancy and less than 50 percent in the first and second trimesters, the health team in Manchester is encouraging women to take charge of their health during pregnancy.

On Tuesday, May 30, 150 pregnant women converged on the grounds of the Manchester Health Department for the 3rd staging of PREGMATE, Pregnant Mothers Advancing Through Education, an antenatal health fair by the Manchester Midwives Association and the only initiative of its kind in Jamaica.

Organizer of PREGMATE and Registered Midwife at the Manchester Health Department, Mrs. Petal McNally explained that the initiative was developed out of the need to educate pregnant women, as there was an increase in areas of concern in pregnancy including anemia, dental care and nutrition.

"We thought it would be good to bring them in a forum like this to educate them on various aspects relating to their pregnancy. We really want to highlight and ensure that mothers of today know that pregnancy is a beautiful thing but if you don't manage it carefully then you will end up with problems. We keep on telling them that you can bring this pregnancy up to 40 weeks and you go into labour and come out alone; and that is what we want to try to prevent. We want to go across the length and breadth of Jamaica, to tell mothers that they need to take charge of their reproductive health," Nurse McNally said.

The women were exposed to the importance of physical activity, nutrition and ultrasound in pregnancy in addition to dental hygiene and the benefits and prevalence of homebirths. Presentations were also delivered on factors relating to high risk pregnancies, jaundice in newborns, the roles and responsibilities of midwives and the naming and registration of

(more)

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babies.

For, Shanoy Kelly, who is having her second pregnancy, the forum was very informative which enlightened her about the importance of physical activity during pregnancy.

"I want to say thank you to the organizers of this initiative because you have mothers that aren't being educated when it comes on to pregnancy. They only know what they hear from their mothers, grandparents and friends. This is an eye opener and I hope they spread it across Jamaica, not only Manchester" Ms. Kelly said.

Picture 2



A section of the audience paying keen attention to the presentations.

(more)

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Picture 3



A physical activity session with the women.

(more)

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Picture 4



Kemesha Jackson shows off her moves, highlighting the importance of physical activity during pregnancy.

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