



WE ARE HERE FOR OUR COMMUNITY

Here at the Jefferson County General Health District we are dedicated to doing everything possible to ensure our community members lead safe and healthy lives. What would you like to see more of? How can we help you and better serve your needs? Reach out and let us know.

PRECONCEPTION HEALTH

Women often take charge of their health during pregnancy, but don't realize how important it is to get healthy before becoming pregnant. Taking control of your nutritional health now will ensure you're ready for pregnancy and establish healthy eating habits that you can pass on to your kids!



1. **Don't Impulse Buy:** Make a shopping list, stick to it and don't go on an empty stomach.
2. **Eat the Rainbow:** Add fruits and vegetables to meals and snacks to get 5-9 servings daily.
3. **Stay on the outside:** The healthiest foods tend to be along the outside edges of the store.



**JEFFERSON COUNTY
General Health District**
— Prevent. Promote. Protect. —

Website:

www.jchealth.com

Phone:

740-283-8530

Email:

info@jchealth.com

FOLIC ACID

Folic Acid is not only important during pregnancy, but before you become pregnant as well. This helps to prevent brain and spinal birth defects in your baby.

Nuts, Beans and **Broccoli** are great options.



