

"Have a Healthy Baby" Program Yields Behavioral Change

Success Stories

Purdue Extension – Grant County

"Purdue Extension is the best-kept secret in the county."

We hope not! Success stories are designed to give you, the reader, a "quick read" about a program that has shown some success lately.

We will be adding success stories periodically so that you can keep up with what we're doing.

If you have questions about Purdue Extension programs, please contact us at:

Purdue Extension – Grant County
401 South Adams Street, Room 422
Marion, IN 46953
P: 765-651-2413
e-mail: grantces@purdue.edu
Web: www.extension.purdue.edu/grant

Date: October, 2008

Purdue Extension

Knowledge to Go

Grant County

"Susan" (not her real name) came to the Crisis Pregnancy Center to come to the "Have a Healthy Baby" classes.

She told me she had been a smoker for the past ten years and that her husband has smoked for over 30 years.

As the first lesson went on I told her about how the baby is addicted to the smoke and will need to go through withdrawal symptoms after he is born. She didn't say much, but at the goal setting time she said she would try to cut down on her smoking.

The next week she came back to the center for the second lesson. I asked her how she was doing with her goal and she said, "I have something to tell you. I have not had a cigarette for five days and my husband has also quit. We decided we don't want to force anything on our child. If he wants to smoke when he is older that will be his decision, but that is not my decision to make for him. It will not be fair if he is addicted just because I am."

I was able to give her an extra "CPC dollar" for her accomplishment.

This week the father also came to the center with her. He thanked me for helping them to see the effects of smoke on their baby. Neither of them have had a cigarette for over two weeks.

This baby will be healthier and smoke free because of "Have a Healthy Baby."

Author: Vicki Shafer, Family Nutrition Advisor
Expanded Food and Nutrition Education Program (EFNEP)

PURDUE AGRICULTURE

It is the policy of the Purdue University Cooperative Extension Service that all persons have equal opportunity and access to its educational programs, services, activities, and facilities without regard to race, religion, color, sex, age, national origin or ancestry, marital status, parental status, sexual orientation, disability or status as a veteran. Purdue University is an Affirmative Action institution. This material may be available in alternative formats.