

Sherlita Amler, MD, MS, FAAP  
Commissioner of Health



Robert J. Bondi  
Putnam County Executive

Robert Morris, PE  
Director of Environmental Health

Putnam County Department of Health  
1 Geneva Road  
Brewster, New York 10509

**FOR IMMEDIATE RELEASE**

**Date:** Thursday, May 20, 2010

**Contact:** Sherlita Amler, MD, Commissioner of Health, Putnam County  
Department of Health, 845-278-6558

***CHED 2010: It Takes A Village... To Educate Families on the  
Benefits of 40 Weeks for a Healthy Baby***

Brewster – The Putnam County Department of Health observed Community Health Education Day (CHED) on Thursday, May 20, 2010. CHED is a one-day, community health observance aimed at raising awareness and educating a large audience throughout the seven (7) counties of the Hudson Valley region: Dutchess, Orange, Putnam, Rockland, Sullivan, Ulster and Westchester Counties. ***“It Takes A Village... To Educate Families on the Benefits of 40 Weeks for a Healthy Baby!”*** (the title of CHED 2010), hopes to promote greater awareness and social change around the topic of cesarean section or inducing prior to full term, except for a medical reason. Medically indicated cesarean sections are typically associated with placental complications, uncontrolled gestational diabetes, pre-eclampsia or hypertension. When both the mother and baby are healthy, the following are not medical reasons for having an elective cesarean or induction prior to full term:

- *It's thought the baby is getting too big*
- *It's thought the amniotic fluid is getting too low*
- *Mom wants to schedule an elective cesarean to have the baby on a certain date*

CHED 2010 will raise awareness of how allowing a pregnancy to go full term benefits the baby , but will also help people realize the support needed by the mother to let nature decide when her baby is ready to be born. The last few weeks of a pregnancy are critical parts of a baby's developmental process.

Newborns born full term with a spontaneous labor:

- Are typically healthier
- Have the potential for fewer health problems
- Experience mature brain and lung development
- Have a lower risk of developing respiratory problems including respiratory distress and asthma
- Accumulate body fat in the final weeks of gestation that help them regulate their body temperature after birth
- Have a lower risk of jaundice

CHED 2010 will provide information and resources useful to community members, health care providers and business employers for understanding the importance of supporting full term births.

This community-based education is a collaborative effort between the Putnam County Department of Health and several other organizations and is coordinated by the Lower Hudson Valley Perinatal Network (LHVPN). For more information, please contact LHVPN at 914-493-6435 or [info@LHVPN.net](mailto:info@LHVPN.net) .

# # # #