Healthy Women, Healthy Babies

Did you know that in 2008, the Center for Disease Control reported that 25.2 percent of the adults in Dane County were obese? More women in Wisconsin are overweight or obese today than at any other time in history. This can result in a variety of serious health problems for women and their children.

The Department of Obstetrics and Gynecology has created The Healthy Women, Healthy Babies Fund to actively work with women of all ages to communicate the importance of a healthy lifestyle. By providing education and resources to women, we hope to develop strong, healthy families.

The Healthy Women, Healthy Babies Fund aids the department in its clinical, academic and public service roles with support from grateful patients, alumni, friends and the communities.

Circumstances that contribute to women struggling with weight issues include:

- Excess weight gain during pregnancy
- Lack of physical activity due to:
  - Limited or no child care
  - Unsafe environments
  - Demands on time
  - Lack of financial resources
  - Physical disability
- Unhealthy diet resulting from:
  - Lack of access to nutritious, fresh foods
  - Lack of knowledge about healthy food choices
  - Limited time to plan and prepare meals
  - Lack of knowledge about the adverse health effects of excess body fat
  - Lack of access to health and community services

The serious adverse health effects women and children may experience as a result of excess weight include:

- Infertility
- Increased rates of miscarriage
- Medical complications in pregnancy
- Female adult diabetes and heart disease
- Excess risk of female cancers
- Increased risks to newborns
- Increased risk that children will be overweight or obese

The Department of Obstetrics and Gynecology is committed to helping women achieve healthy weight and increase physical activity by:

- Promoting safe and healthy environments in communities
- Educating women about diet and the importance of physical activity
- Working actively with community partners to provide health and wellness services for women and their families
- Promoting healthy weight gain during pregnancy
- Supporting breastfeeding for the health of moms and their children and to promote postpartum weight loss
- Conducting scientific research to unravel the metabolic effects of excess weight on women and their unborn children

Promoting health and wellness education to the women of Madison.
Madison Mini Marathon

The Department of Obstetrics and Gynecology partners with the Madison Mini Marathon and 5K (MMM) because we care about the women of Wisconsin and their families. The MMM is a family event that can be enjoyed by everyone at any activity level. The MMM experience includes a half-marathon, 5K and age-tiered kid’s run. There are also a variety of volunteer opportunities for those who are less competitive. Most of all, the MMM demonstrates a community coming together and having fun while engaged in healthy activities.

As a charity partner of the MMM, the Department of Obstetrics and Gynecology Healthy Women, Healthy Babies Fund receives a share of the proceeds earned from the race. Your participation helps further the department’s mission to improve the health of women and their families. You can join the competition or volunteer your time at the race. For more information, please visit uwhealth.org/obgyn.

Donate to the Healthy Women, Healthy Babies Fund

The department recognizes that complicated social and physical barriers can limit the amount of healthy resources available to women and their families. By working with area programs and services, the department makes a special effort to reach out to at-risk women in underserved areas of the city. Your donation will help advance this effort and increase educational resources available to this important part of our communities.

All donations to the Healthy Women, Healthy Babies Fund remain in the area to support the education of women and families. Donations are tax-deductible and can be given as gifts.

For more information or to place a donation, go to uwhealth.org/obgyn.