

# SISTERS UNITED CHAPTERS

## Alpha Kappa Alpha

Beta Pi Omega - Pulaski  
Chi Eta Omega - Faulkner  
Chi Nu Omega - Hot Spring  
Delta Omega Omega - Jefferson  
Eta Sigma Omega - Lee  
Mu Chi Omega - Phillips  
Pi Chi Omega - Crittenden  
Sigma Beta Omega - Ouachita

## Delta Sigma Theta

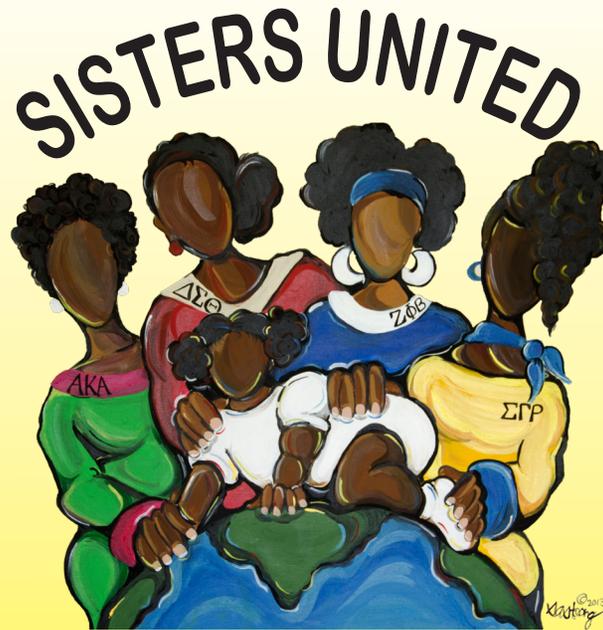
Central AR Alumnae - Pulaski, Faulkner,  
Lonoke, Saline, White  
Forrest City Alumnae - St. Francis  
Fort Smith Alumnae- Sebastian  
Helena Alumnae - Phillips  
Hot Springs Alumnae - Garland  
Jonesboro Alumnae - Craighead  
Little Rock Alumnae - Pulaski  
Marianna Alumnae - Lee  
Northwest Alumnae - Benton, Washington  
Pine Bluff Alumnae - Jefferson  
Southeast AR Alumnae - Drew  
Texarkana Alumnae - Miller  
West Memphis Alumnae - Crittenden

## Zeta Phi Beta

Alpha Mu Zeta - Pulaski  
Epsilon Zeta Zeta - Jefferson  
Iota Beta Zeta - Mississippi  
Nu Omega Zeta - Clark  
Upsilon Pi Zeta - Crittenden

## Sigma Gamma Rho

Kappa Xi Sigma - Faulkner



Protecting Our Babies Together

Office of Minority Health &  
Health Disparities

4815 W. Markham Street  
Little Rock, AR 72205

Telephone: (501) 661-2282

Fax: (501) 661-2414

Email: [cicely.jackson@arkansas.gov](mailto:cicely.jackson@arkansas.gov)

If pregnant or a new mom:

Text **BABY** (or BEBE for Spanish) to **511411**.  
to receive 3 free text messages a week, timed  
to your due date or your baby's birthdate. For  
more info visit [text4baby.org](http://text4baby.org). Text 'STOP' to  
end messages or 'HELP' for help.

For more info visit: [www.text4baby.org](http://www.text4baby.org)



# SISTERS UNITED



## Promoting Healthy Habits & Protecting Our Babies



[www.facebook.com/arsistersunited](http://www.facebook.com/arsistersunited)



Arkansas Department of Health  
Keeping Your Hometown Healthy

# SISTERS UNITED

**African American babies account for 20% of total births. However, they account for 33% of infant deaths.**

In Arkansas a baby dies before its first birthday almost every day. African American babies are twice as likely to die within the first year of life.

The Arkansas Department of Health has partnered with African American sororities to help reduce infant mortality. Together, members of Alpha Kappa Alpha, Delta Sigma Theta, Zeta Phi Beta, and Sigma Gamma Rho have formed SISTERS UNITED to raise awareness about the causes of infant mortality.

Members of these sororities have received training and use social media such as Facebook and YouTube to reach their target population. They also hold various events across the state to promote SISTERS UNITED's 4 focus areas:

- Folic Acid before pregnancy
- Flu shot during pregnancy
- Breastfeeding, and
- Safe Sleep

Through safety baby showers, SISTERS UNITED provides education on ways to keep infants safe, such as car seat installation, poisoning/burns/scalds/falls prevention, and safe sleep. Showers are fun, interactive and offer food, free baby gifts and a chance to win great prizes.

If you are pregnant, a new mom or dad, grandparent, or caregiver and would like to attend a safety baby shower in your area, call Cicely Jackson at (501) 661-2282.

  [www.facebook.com/arsistersunited](http://www.facebook.com/arsistersunited)

## FOLIC ACID

If you are thinking about having a baby or between the ages of 14 -44 consider these facts:

- A baby's brain & spinal cord begins developing the first weeks after conception.
- Folic acid should be taken at least 3 -12 months before pregnancy.
- Folic acid can decrease brain or spinal cord birth defects by 70-80%.
- Foods high in folic acid: oranges, strawberries, avocados, beans and lentils, cooked broccoli, cooked spinach, and "enriched" or "fortified" bread and pasta.



## FLU SHOT

The flu is a virus that affects the respiratory tract. A flu shot is made from an inactive virus and is safe for you and your baby.

- By receiving a flu shot, during any stage of pregnancy, a mother can decrease the chance of getting the flu by 70%.
- A flu shot can decrease the mom and baby from dying from the flu by 50%.
- A flu shot during pregnancy protects both mom and baby (up to 6 months) from flu.
- Pregnant women should NOT receive nasal vaccinations.



## BREASTFEEDING

Breastfeeding is important for all women. However African Americans are less likely to breastfeed than White women. In 2010, 74% of white women compared to 45% of African Americans reported breastfeeding, which contributes to the higher rate of infant mortality within the African American community.



Breast milk:

- Fights disease.
- Reduces obesity and asthma.
- Families that do not follow breastfeeding practices can spend between \$1,200-\$1,500 on formula.
- Women who breastfeed burn up to 500 more calories a day and return to their pre-pregnancy weight faster.

There are over 100 ingredients in breast milk that cannot be duplicated in formula.

## SAFE SLEEP

The chances of sudden infant death syndrome (SIDS) are dramatically reduced when babies are properly put to bed. This includes:

- Putting the baby to sleep on their back.
- No excessive toys and blankets in the baby's crib.
- Using a firm, flat mattress for the baby's crib.
- Never letting the baby sleep in the same bed with the parents.

