



## “Just Right”

The “Just Right” program is a new and exciting study program that Cherokee Nation Health Services is developing along with University of Oklahoma School of Community Medicine. We hope to improve the health of both mom and baby by giving you tools to have a healthy pregnancy and a healthy, happy baby! If you are interested,

let your nurse know or contact  
Jaime Clark, Study Coordinator.

918-570-9076

## “Just Right” Program

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## Health Services

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## Health Services



## Study Program Information

Cherokee Nation Health Services and  
The University of Oklahoma  
School of Community Medicine



## “Just Right” Program

This program is designed to help mothers prevent excessive weight gain during your pregnancy.

We will teach you how to gain a “Just Right” amount for a healthy pregnancy. Weight gain higher than recommended has negative affects to both the babies’ health and the mothers’ health now and years into the future. Enroll, learn and give you and your baby a “Just Right” start for a happy and healthy pregnancy!



## Excessive weight gain risks: Babies’ Risks:

- Becoming obese during childhood (1/3 of Native American 4 yr olds are overweight)
- Increased risk of high blood pressure
- Cardiovascular disease
- Diabetes
- Stroke
- Metabolic syndrome
- Cancer

## Excessive weight gain risks: Moms’ Risks:

- Gestational diabetes
- Greater risk of Cesarean section
- High blood pressure
- Preeclampsia and eclampsia
- Possible diabetes in future
- Mid-life obesity

## How to qualify for the program:

- Women 18-35 yrs old
- Non-smoking, non-drinking, no recreational drug use
- No major pregnancy complications
- 15 weeks pregnant or less to start the program.

Ask your nurse or contact the study coordinator, Jaime Clark at 918-570-9076.

## How the program works:

*Individualized food plans*

*Weekly update contact with study coordinator*

*Access to contact study coordinator at anytime, day or night with questions.*

*Attend monthly evening meeting/classes with other mothers.*

Classes may include:

- Healthy cooking
- Breastfeeding class
- Infant care basics
- Prenatal Yoga
- Exercise classes
- Preparing for labor
- Nutrition

Each participant will also receive incentives for participation. We will help by providing tools to keep you on track eating “Just Right” for you and your baby!

