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Contact: Michael Leal

michael.leal@health.ok.gov

(580) 248-5890

The Comanche County Health Department Holds Free Community Baby Shower Lowering Oklahoma's high infant mortality rate focus for the October 15 community event

LAWTON, OKLA. - New and expectant moms will be thrown an educational baby shower at no charge as a result of a partnership between the Comanche County Health Department and Fit Kids of Southwest Oklahoma.

The baby shower will be from 10 a.m. until 1 p.m. Saturday, October 15 at the Lawton Central Plaza, 200 SW C Avenue, in the center courtyard.

The FREE community baby shower will connect pregnant women, new parents, or caregivers of children under the age of two with resources, support and education on how to keep their infant healthy and safe. Along with all of the great information, the Community Baby Shower will also offer light refreshments, door prizes, and a drawing for strollers, a pack n' play, diapers, wet wipes and a car seat.

According to Oklahoma State Department of Health (OSDH), Oklahoma's infant mortality rate (IMR) has decreased by nearly 20 percent according to statistics from the Oklahoma State Department of Health. The IMR was 8.2 per 1,000 live births in 2005-2007 but dropped to 6.6 in 2019-2021.

Low birth weight and preterm births together are one of the leading causes of death among children less than 1 year of age. Low birth weight infants are more at risk of health problems compared to infants born of normal weight, including infection, gastrointestinal problems, delayed motor and social development, and learning disabilities. Low birth weight infants may also be at higher risk of high blood pressure, diabetes, and heart disease later in life.

The Community Baby Shower will also focus on offering information to parents and caregivers on the following topics: safe sleep, car seat safety, immunizations, infant CPR, postpartum depression, cytomegalovirus (or CMV), and many other topics related to infant and maternal health and well-being.

"This event will contribute directly to the shift in positive statistics we are seeing in Oklahoma regarding IMR. Even though the topic is maternal health, all caregivers, grandparents, fathers and mothers can benefit from the community baby shower," said Health Educator Kole Trent. "The educational aspect is what sets us apart from other similar events. The videos that we have created, which are required to view to enter the raffles, allow people to leave with new knowledge about keeping Oklahoma's babies safe and healthy."

To learn more about what steps YOU can take to give your children a good start in life, visit the webpage at Preparing for a Lifetime: It's Everyone's Responsibility <https://oklahoma.gov/health/health-education/children---family-health/improving-infant-outcomes.html>. From there, you can download resource guides and additional information under Free Materials and Resources. For more information about the Community Baby Shower, please contact Kole Trent at Kole.Trent@health.ok.gov or (580) 585-6719.

(See Event Flyer on Page 2)



8TH ANNUAL COMANCHE COUNTY
**COMMUNITY
BABY SHOWER**
October 15, 2022



10 AM - 1 PM
**LAWTON CENTRAL PLAZA
CENTER COURTYARD**

A **FREE** event on how to improve the health of infants

Learn how to become a vendor, partner, volunteer, and/or donor:



Kole Trent
Comanche County Health Department
Kole.Trent@health.ok.gov