

Intervention Spotlight

May 4, 2015



Welcome to our newest addition to the FHOP Newsletter! In this section we will highlight evidence-based interventions that we have reviewed and think might be of use to you. Please provide feedback and make suggestions so we continue to meet your needs.

Bringing Baby Home ^[1]

A program for new parents experiencing the transition to parenthood. "Even the strongest relationships are strained during the transition to parenthood. Lack of sleep, never-ending housework and new fiscal concerns can lead to profound stress and a decline in marital satisfaction - all of which affect baby's care. Not surprisingly, **69% of new parents experience conflict, disappointment, and hurt feelings.**"

Obesity in America ^[2]

The Harvard School of Public Health estimates that obesity accounts for more than 20% of America's healthcare-related expenses, ~\$190 billion annually. The cost in lives is equally staggering, ~18% of lives lost each year, according to Columbia University estimates. This is a guide and short animated video to help with obesity treatment and prevention campaigns.

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Links

[1] http://r20.rs6.net/tn.jsp?f=001bFn-idylv7yfk3ywOK1IG2XitYwwmXNx0qqbw_Jwg1n-RaGrih4_7A-g8GsCCZzNqmYY-8HHgQnSM1ceEBj6S-vfp2R9Hd_8noKRw6lbzTvPnvjJ9-PGOxaJDlhKYqGBY-CYlTr3YdH42VpGxkveRFUaklETCKoFtPm-s0Ogr3j3R4cFVD7kg-GDEJqnvWYC2uDLASynAB3ncKcptBQhHj_vz0EBALeKe387Y7N18I20nxWRytvURuIR4ShS1_L9CfmkFQ_AE4OQ

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[2] http://r20.rs6.net/tn.jsp?f=001bFn-idylv7yfk3ywOK1IG2XitYwwmXNx0qqbw_Jwg1n-
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