

OPOP Services

Your physical health affects the growth and development of your unborn baby.

Your visit with a nurse will include:

- Health history and assessment
- Discuss healthy choices for you and your baby
- Pregnancy and child-care education

There are many different types of stress that can affect your pregnancy.

Your visit with a social worker will include:

- Social and living assessment
- Limited counseling services
- Referrals to available resources

The food you eat is important for you and your baby. Your baby eats what you eat.

Your visit with a nutritionist will include:

- A review of what kind of foods you typically eat
- Education on healthy food options
- Breastfeeding education and assistance
- Prenatal vitamins/iron supplements



OPOP Clinics

Bismarck-Burleigh Public Health
500 East Front Ave.
Bismarck, ND 58504 / 701.355.1540

Valley Health
360 Division Avenue, Suite 200
Grand Forks, ND 58201 / 701.775.4251

Ransom County Public Health Department
404 Forest Street
Lisbon, ND 58054 / 701.683.6140

First District Health Unit
801 11th Avenue SW
Minot, ND 58701 / 701.852.1376

Richland County Health Department
413 3rd Avenue North
Wahpeton, ND 58075 / 701.642.7735

**For more information about
North Dakota OPOP, contact:
Optimal Pregnancy Outcome Program
Division of Family Health
North Dakota Department of Health
701.328.2228 or 800.472.2286
E-mail: familyhealth@nd.gov
www.ndhealth.gov/opop**



**Prenatal care is
the most precious
gift you can give
your baby.**

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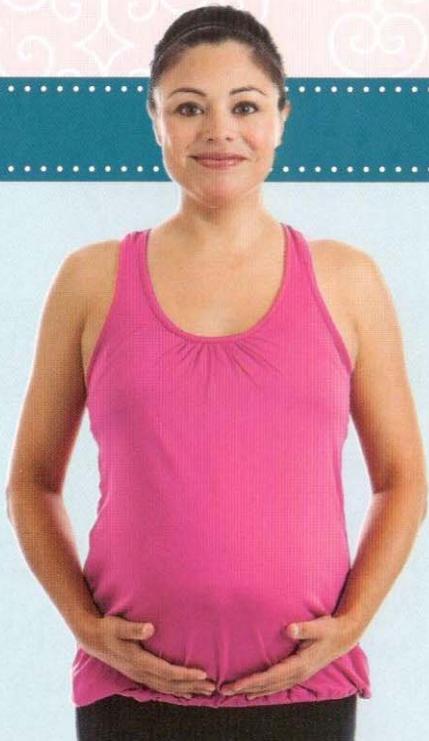
OPTIMAL
PREGNANCY
OUTCOME PROGRAM

You're Expecting!

Congratulations on your pregnancy!

Expecting a baby can be one of the happiest times in your life, but it may leave you feeling scared, anxious, and unsure of what to expect. During your pregnancy, your body will go through many physical and emotional changes. Although these feelings may be overwhelming, pregnancy and the birth of a child can be one of the most fulfilling and life changing experiences you'll ever have.

The most important thing you can do for your baby is take care of yourself during this time. Early and routine prenatal care is the most important gift you can give your baby so that he or she has a healthy start in life.



What is the Optimal Pregnancy Outcome Program (OPOP)?

The Optimal Pregnancy Outcome Program (OPOP) is a program designed to help pregnant women make healthy choices that lead to healthy babies.

In addition to your regular prenatal visits with your physician, OPOP can offer you monthly prenatal visits with a nurse, social worker, and nutritionist to help you make healthy lifestyle choices for you and your baby. Once your baby is born, you and your newborn can have up to two visits to make sure you are both doing well.

OPOP is available to all pregnant women free of charge.

OPOP Facts

OPOP will help you understand:

- Why prenatal care is so important for you and your baby
- How you can help your baby grow healthy and strong before he or she is born
- How to live a healthy lifestyle for you and your growing baby
- How to adjust to the physical and emotional changes that come with pregnancy
- Where to go for medical care and financial help during your pregnancy and after your baby is born

