## **HEALTH MATTERS** Quit Smoking Help Missing from Prenatal Care

The Portland Observer Black History Month

## Study also looks at disparities among racial groups

Almost 60 percent of pregnant principal author of the study. "Also, women who smoked said they did pregnancy is a time when women not get optimal help quitting smoking as part of their prenatal care, healthy lifestyle changes." according to a recently published study from the Oregon Health Division.

Page 24

cent. Maternal smoking during preg- a health care provider asking a woman nancy has become the most pre- about her smoking status, advising ventable cause of poor birth out- her to quit, assessing her willingness comes, such as low birth weight, in to quit, assisting quit efforts, and the United States," said Sarah Tran, arranging for follow-up visits.

may be more motivated to make

Tran said that women who are pregnant may be more receptive to the Five A's, a best-practice smoking "We can do better than 60 per- intervention. This practice involves



Tricia Tillman

The report also looked at racial disparities in whether women were given smoking cessation information during their pregnancy. Improv-

ing health equity in Oregon is one of the main strategies in the Action Plan for Health, which was recently submitted to the Oregon Legisla- nant American Indian women were ture.

director of the Oregon Health Authority's Office of Multicultural Health and Services. "We need to address racial disparities throughout the health care system. By focusing on culturally relevant stratcan reduce these disparities."

the most smoking cessation coun- ers said.

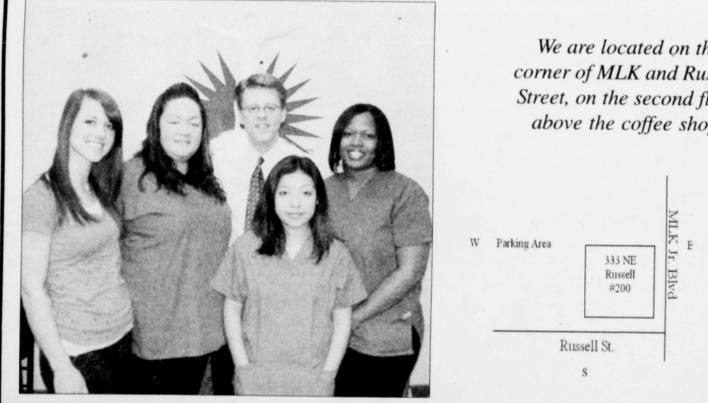
seling during their pregnancy, followed by white women.

But the study found that pregmost likely to not receive a full spec-"Racial differences in health out- trum of counseling to quit smoking, comes are costly, unacceptable and even though they are twice as likely preventable," said Tricia Tillman, to smoke as the average Oregon woman.

It is not known exactly why American Indian mothers were the least likely to receive help in quitting smoking, but the disparity shows there is a need for prenatal egies, as this study suggests, we care providers to address tobacco use - especially those who care for Black women reported receiving Native American women, research-

## Chiropractic Auto Injury Clinic, PC Zchon R. Jones, DC 333 NE Russell St., #200, Portland, OR. 97212 (503) 284-7838

Truly making a difference in the lives of Auto Accident victims and Injured Workers for nearly 20 years. If you or someone you know has been in an accident, call us so we can help you with your needs. (503) 284-7838



We are located on the corner of MLK and Russell Street, on the second floor above the coffee shop.

REHAR

## **New Guidelines Cut Daily Salt** Food industry responsible for most consumption

(AP) - The government is tell- blood pressure due to the amount ing half of the U.S. population to of salt they eat. For everyone else, drastically cut their daily salt intake.

— and the food industry — as the government issues new dietary guidelines, which are the recommendations behind the popular strongly at the food industry, food pyramid.

ture and Health and Human Ser- sume. vices departments, which issue the guidelines every five years, come from the shaker on the table; are telling people who are 51 and older, all African-Americans and anyone suffering from high blood pressure, diabetes or chronic kidney disease to cut the amount of sodium they eat daily to little more than half a teaspoon. That group includes about half of the population and those who are most at risk of having higher

the government continues to recommend about a teaspoon a day That's the advice to consumers —2,300 milligrams, or about onethird less than the average person usually consumes.

The assault on salt is aimed which is responsible for the ma-For the first time, the Agricul- jority of sodium most people con-

Most salt consumption doesn't

it's hidden in foods such as breads, chicken and pasta.

It has long been known that too much sodium increases the risk of high blood pressure, stroke and other problems. But cutting the salt won't be easy.

"I think it's important for us to do this in a way that doesn't create an immediate backlash," he said.

