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Families First for Mississippi | “Health Awareness Month”

*Impacting the Whole Family*

Jackson, MS, (1/18/17) – There’s no better time than the New Year to make a resolution to focus on your mind and body’s overall health. Health Awareness Month is about making healthy choices in every aspect of your life. By choosing to exhibit a healthy lifestyle you may increase your lifespan, be happier, and have more energy to do the everyday activities you enjoy. Regular exercise, diet, and avoiding bad habits such as tobacco, drug, and alcohol use are all part of maintaining a healthy lifestyle.

January is Health Awareness Month which begins our strong focus toward Teen Pregnancy Prevention for Mississippians. Teen Pregnancy affects both the emotional and physical health of our teens as well as a large social acceptance problem for our state. Mississippi still stands as the second highest teen pregnancy rate in the nation with the highest low birth weight in babies. Families First for Mississippi is presenting the C.H.A.T. (Choosing Healthy Alternatives for Teens) Program towards addressing these health issues with teens, parents and leaders in Mississippi. Janet Spears, Families First Teen Pregnancy Prevention Program Coordinator, explains “I am a pro teen advocate. When given the opportunity to excel, they will amaze. We as teachers and leaders have a responsibility to help them awaken their potential, strengthen their weaknesses and motivate their abilities with genuine CARE.”

Families First for Mississippi services are delivered by two community organizations: The Mississippi Community Education Center (MCEC) and the Family Resource Center of North Mississippi (FRC). MCEC and FRC have provided Families First for Mississippi programs jointly for over 19 years. Families First for Mississippi is expanding its core services to incorporate additional components designed to stimulate employment, support family financial stability, promote literacy, and increase graduation rates while continuing to support positive youth development, impacting teen pregnancy rates, promoting positive father involvement, parenting skills development, and other parenting education.