Healthy Start Communique

A publication of the Healthy Start Coalition of Miami-Dade

Healthy Start Coalition of Miami-Dade

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Healthy Start Coalition of Miami-Dade . . .

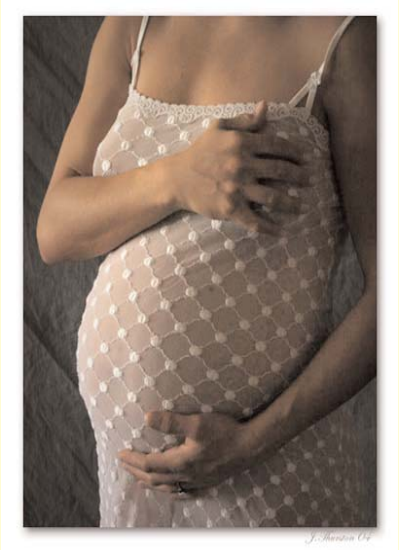
Helping women give their babies a Healthy Start in life!

Healthy Start Coalition of Miami-Dade, an independent 501(c) 3 not-for-profit organization was established to reduce infant mortality, decrease the number of low birth weight births, premature babies and *improve* the general health and developmental outcomes in newborns up to age 3. The Coalition directs local funding for the care coordination of services to pregnant women and children who are at-risk for poor birth and developmental outcomes in our community. The coalition also evaluates the quality of services and conducts quality improvement and assurance activities of the contracted service providers.

ALL pregnant women regardless of their marital, economic or immigration status are eligible to participate in the Healthy Start program, if they are at high risk for a poor pregnancy outcome. This also includes post-partum women and their newborns up to age 3.

How do you find out if you or your newborn are at risk?

Just fill out the simple one page, confidential questionnaire; which is available through your healthcare provider. Just ask your doctor for your Healthy Start screen. By completing the questionnaire we can determine if your health, current living situation, everyday activities, conditions and your general lifestyle are presenting a danger to you or your baby's health during pregnancy, childbirth or throughout their infancy.



Photograph compliments of Jeanine Thurston, Fototails Photography, http://www.fototails.com

Remember . . . If you want a healthy Baby give him or her a Healthy Start

Ask your health care provider for a Healthy Start Risk Screen today!

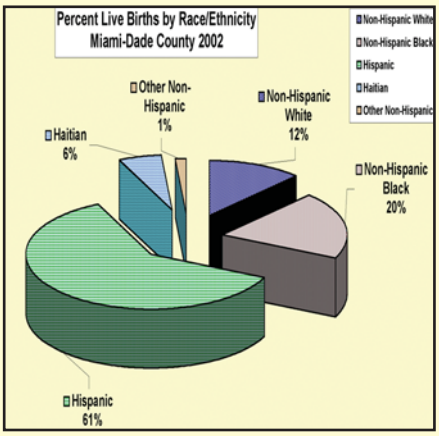
Healthy Start

Milestones in Miami-Dade County

- There were **32,486** live births in Miami-Dade County in 2003
- Over **15,000** women and **4,000** infants received a Healthy Start risk screening in 2003.
- **4,074** women and **1,104** infants received Healthy Start services in 2003
- During **July 1, 2003** through **June 30, 2004** Healthy Start services including education on parenting, childbirth, breastfeeding, tobacco cessation, and psychosocial and nutritional counseling increased dramatically from 24,000 to over 64,000 units of service, an increase of 156%, from the previous year.

2002 Statistics

- **Infant Mortality Rate:** 6.0 per 1,000 live births
- **Low Birth Weight:** 8.1%
- **Premature Delivery:** 9.7%
- **Births to Unwed Mothers:** 42%



Source: Florida DOH, Office of Planning, Evaluation & Data Analysis

Healthcare Providers: FL statute 383.14 mandates that all healthcare providers screen expectant mothers during prenatal care and all newborn babies before leaving the birthing/delivery facility. To assure that the earliest assistance is provided to the at-risk pregnant women, all screens should be submitted to the Miami-Dade County Health Department on a weekly basis. For more information, please contact the Miami-Dade County Health Department at (786) 845-0373 or the Healthy Start Coalition of Miami-Dade office at (305) 541-0210.

Healthy Start Coalition of Miami-Dade, Inc.

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Did You Know?

For every $1 invested in prenatal care, $4 are saved in health care costs for a sick baby.

Recent studies, both local and across Florida, have shown that…

Women who are healthy and have healthy lifestyles, before and during pregnancy, are more likely to have a healthy baby.

The 's of Healthy Start

Services for Expectant Mothers and Newborn Children

Individualized Care Coordinator:

Healthy Start clients are assigned their own Care Coordinator to assist in scheduling appointments for prenatal care services and make referrals to community resources. Contact is through phone calls, home and office visits.

Childbirth Education:

Classes to all expectant parents about the stages and process of labor and delivery, proper nutrition, and relaxation/pain relief techniques.

Breast Feeding Education:

Healthy Start providers educate the mothers on the importance of breastfeeding their babies and encourage them to do so, particularly during the first few months of life. Mothers are also provided feeding choices, and access to infant feeding plans, referrals to support groups and education about substance abuse and breastfeeding.

Nutrition Counseling:

This service includes assessment of nutritional status, development of a nutritional care plan and evaluation by a nutritionist.

Parenting Education:

Classes on growth and development, changes in family dynamics, bonding and attachment , nutrition, resource management, safety, immunizations and successful parenting strategies to help prevent future child abuse.

Psychological Counseling:

Individuals, couples, groups or families are provided emotional, situational and developmental counseling in a confidential setting.

Tobacco Education:

Healthy Start providers offer programs to help the expectant mother quit or reduce smoking and avoid second hand smoke.

Referral System:

Care Coordinators offer their clients information on financial assistance programs, child-care, housing, health care, transportation and other community resources available.

Healthy Start Happenings *Throughout Miami-Dade...*

POSTPARTUM DEPRESSION – *Putting You and Your Baby At-Risk*

Postpartum depression (PPD) is a serious condition that can have serious and long-lasting effects for the mother, her baby and her family. It affects an estimated 13% of women who have recently given birth. In the United States alone, women with a history of depression have a 30% risk of postpartum depression, and women who have experienced postpartum depression have a 70% risk of a subsequent episode. An estimated 400,000 women can experience this mood disorder each year.

Most women experiencing postpartum depression develop symptoms 6 to 8 weeks after the birth of their child. The course of postpartum depression is similar to that of other major depressive episodes, which can typically remit within 2 to 6 months. It is also common to have residual symptoms up to a year after the birth. This can seriously affect the quality of the mother-infant relationship, as well as the psychological development of the infant – even in the early neonatal period.

What Doctors Look For:

Emotional Symptoms Include	Physical Symptoms Include
Sadness	Vague aches and pains
Loss of interest or pleasure	Headaches
Feeling Overwhelmed even with normal day activities	Sleep disturbances
Anxiety / Stress	Fatigue
Diminished ability to think or concentrate - indecisiveness	Back pain
Excessive or inappropriate guilt	Significant changes in appetite resulting in weight loss or gain

What Can Doctors Do?

- **Screen:** Identify women at risk during pregnancy and immediately following delivery.
- **Diagnose:** Use a simple depression screening scale to identify patients suspected of having significant depression.
- **Treat:** PPD can be successfully treated with medications, therapy or a combination of both.
- **Refer:** Counseling may be all that is needed for women with mild symptoms.
- **Follow-up:** Call your patient in 3 days to assess adherence and side effects, as well as mood.

Infants of depressed mothers have been shown to have adverse changes in behavior, physiology and developmental growth by 12 months of age. Studies have shown that children ranging from 1 to 14 years of age exhibit minor but significant effects at all age ranges; even after the mother received treatment. These include impaired cognitive development and increased episodes of psychiatric disturbances – otherwise known as "acting-out" behavior, with an increase in frequency of episodes as the children get older.

It is very important that a post-natal woman particularly those who are breastfeeding, consult with their health care practitioner/provider since there is evidence that drugs and "alternative herbal remedies" are secreted into breast milk. The other component to treatment is psychosocial care. A helpful acronym which was developed for describing all the aspects of treatment for this condition is **N.U.R.S.E.**

Dr. Paul Gluck addresses participants.

"N" = nutritional needs
"U" = understanding
"R" = rest and relaxation
"S" = spirituality
"E" = exercise

Healthy Start Program Managers: Vivian Owen (left), from Avanti Support & Services, Inc. and Gloria Blake from Community Health of South Dade, Inc. (CHI).

One thing is evident . . . postpartum depression can have adverse effects on the mother and her child. It is very important that women seek advice and treatment from a health care provider, as soon as they "feel" or recognize any of these reported symptoms.The natural bonds that develop between a mother and her child; particularly in the early stages of an infants' life will create the foundation of a child's future.

Remember . . . *A healthy baby needs a Healthy Start.*

This article attempts to highlight some of the information presented by Dr. Paul A. Gluck, Associate Clinical Professor from the University of Miami School of Medicine, Department of Obstetrics and Gynecology in a conference which took place in Miami, FL during June 2004. References: Kira M. Weier, CNM; Margaret W. Beal, CNM, Ph.D. From the J. Midwifery Women's Health-© 2004 Elsevier Science, Inc.

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A Healthy Baby deserves a Healthy Start . . .

MEMBERSHIP FORM

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