



Give your baby the best start in life... A HEALTHY START

Healthy Start offers support and education to pregnant women and infants. All of our services are confidential, offered free of charge and are not based on your income or immigration status.

Your prenatal care provider or hospital staff will help you complete the Healthy Start Prenatal or Infant Risk Screen to determine if you have any risks that could affect your health or the health of your baby.

If you are pregnant, please ask your healthcare provider about the Healthy Start Risk Screen. If you have just had a baby please request one from the hospital staff.

If you need additional information, contact the Family Health Line at 1-800-451-BABY(2229)

FREQUENTLY ASKED QUESTIONS

What is the Healthy Start program?

Healthy Start is a statewide non-profit program that provides at-risk pregnant women and infants with the resources, support and help they need to have good health outcomes. The program is voluntary and available to all Florida residents free of charge.

What is the purpose of the Healthy Start risk screen?

The purpose of the risk screen is to determine if there is something about your health, current living situation, or daily activities that could cause problems for you or your baby.

How does Healthy Start make a difference?

The goal of Healthy Start is to reduce infant deaths, reduce the number of low birth weight and premature babies and improve health and developmental outcomes.

What if I don't need services? Should I still complete a Risk Screen?

Even if you don't need help or want to use Healthy Start services, answering the questions on the screen assists in obtaining the information and funding necessary to improve the health care system for ALL moms and babies in Florida!



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Every baby deserves a **HEALTHY START** in life!



Every woman deserves to know if she or her baby is at risk.

What is the Healthy Start screening?

The Healthy Start Risk Screen is a simple one-page questionnaire that is completed by you with the help of your doctor, midwife or facility staff member. Every prenatal care provider and hospital/ birthing facility in the state of Florida is required to offer a Healthy Start Risk Screen to all pregnant women and infants.



How Do I Qualify?

The program is voluntary and available to all Florida residents. To determine if you qualify and receive services you must initial “YES” next to all three consent questions on the screen and sign it. If you initial no next to any of the consent questions you will not be able to determine if you or your baby are at risk or receive any FREE Healthy Start services.

How does Healthy Start make a difference?

The goal of Healthy Start is to reduce infant deaths, reduce the number of low birth-weight and premature babies and improve health and developmental outcomes. Healthy Start services can help you have a healthy baby. Ask for a free screening today to see if you qualify.

Some babies are born unhealthy because of:

- Little or no prenatal care
- Poor prenatal nutrition
- Smoking while pregnant and/or second hand smoke
- Use of drugs or alcohol
- Mother’s poor health
- Being born too small or too soon

Unhealthy babies are more likely to have:

- Longer hospital stays
- Developmental delays
- Learning problems
- Health problems

The Healthy Start Risk Screen is the first step to access our free services. All services are provided wherever it is convenient to you: in classes or at home.

Healthy Start services include:

Care Coordination

Your personal care coordinator will help you organize and schedule the services you require and refer you to other community resources should you need them.

Childbirth Education

Classes that will help you understand the process of labor and delivery, proper nutrition, and relaxation/pain relief techniques.

Breastfeeding Education

Teaches the importance of breastfeeding your baby, addresses challenges and provides education about feeding choices and support groups.

Tobacco Education & Cessation

Services that help mothers quit or reduce smoking and understand the effects of second hand smoke.

Nutrition Counseling

Assessment by a licensed nutritionist or registered dietitian to help you develop a plan for healthy eating.

Psychosocial Counseling

Individual, couples, groups or families are provided emotional, situational and developmental counseling.

Parenting Support and Education

Classes on infant care, growth and development, changes in family dynamics, bonding and attachment, nutrition, safety, immunizations and successful parenting techniques.

Interconceptional Counseling & Education

Information about access to health care, baby spacing, nutrition, physical activity, chronic health problems, mental health & environmental risk factors.