

KNOWS WHAT
TO EXPECT
DURING
PREGNANCY

HAS RESOURCES
FOR 2-YEAR-OLD
DAUGHTER AND
BABY-TO-BE

QUIT
SMOKING
DURING
PREGNANCY

BEGAN
PRENATAL
CARE IN FIRST
TRIMESTER

PRACTICES
BETTER
PARENTING

BREASTFEEDS
BABY



COALITION SERVED

65% of pregnant women (**4,604**) were offered the Healthy Start Prenatal Risk Screen by their prenatal care provider; **90%** of pregnant women (**4,163**) consented and completed the screen

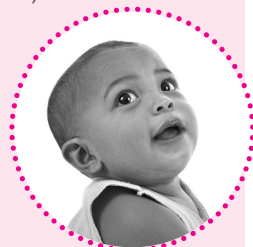
94% of infants (**6,022**) received the Healthy Start Postnatal Risk Screen

8,059 families were provided a total of **20,580** *Connect* services

2,152 families were provided a total of **67,076** *Healthy Start* services

844 outreach efforts provided to prenatal care providers, birthing centers, pediatricians, community agencies and families

Partnerships include: Early Learning Coalitions, Healthy Families, Florida Department of Children and Families, Community Health Centers, Florida Department of Health, Kids Central, Inc., Langley Health Services



COALITION AREA



HEALTHY START FUNDING

Department
of Health
\$804,792

Agency for Health
Care Administration
\$1,818,427

Leveraged
Funds
\$777,310

CENTRAL HEALTHY START is one of 32 Healthy Start Coalitions in the state. The Coalition serves four counties: Citrus, Hernando, Lake and Sumter, most of which are rural with low population density. Income levels within the Coalition are slightly lower than the state. Given its sheer size and demographics, access to prenatal care and health disparities among minorities remain the pressing challenges in this area. Central Healthy Start is dedicated to using its funding strategically to reach a large percentage of the communities we serve – and specifically, families with pregnant women, infants and children up to age three who are most at-risk for poor birth outcomes and need help with healthy child development.

SERVICES include the following:

Home Visiting: One-on-one support in the home or another convenient location; friendly advisors throughout pregnancy and after the baby is born; access to services that are designed to meet unique needs.

Prenatal Education & Support: Information on changes that happen to a woman's body and emotions during pregnancy; what to expect during labor and delivery; nutrition, medicine and exercise that can help or harm a pregnant woman or baby; warning signs of an early delivery.

Breastfeeding Education & Support: Techniques for successful and enjoyable breastfeeding; answers to any questions or concerns about breastfeeding; information on how breastfeeding benefits mom and baby.

Newborn Care: Tips on how to take care of a new baby, keeping baby safe according to the latest safety guidelines on sleep, car seats and more; infant nutrition; proper growth for baby.

Parenting Education & Support: Preparation for baby coming home; tracking and supporting baby's development; ways to play and connect with baby; how to become baby's first teacher.

Health and Well-Being: Help with planning for future pregnancies; making healthy lifestyle choices for the family; getting support for feeling anxious, stressed or having the "Baby Blues."

Central Healthy Start Coalition

1785 NW 80th Blvd., Gainesville, FL 32606 | 352-313-6500

Director: Julie Moderie | jmoderie@wellflorida.org

www.CentralHealthyStart.org

FOCUS AREAS FOR MAKING AN IMPACT ON THE COMMUNITIES AND PEOPLE WE SERVE

INFANT SAFETY

SAFE SLEEP POSTERS

PARTNERING AGENCIES

- Clyatt House Learning Center
- Fun 4 Kids Daycare
- Fun 4 Kids TWO Daycare
- ELC of Hernando County
- ELC of the Nature Coast
- Muse Family Daycare in Sumter County
- Precious Cargo Preschool in Citrus County



SAFE SLEEP

AMBASSADOR TRAINING INFORMATION & SUPPORT

PARTNERING AGENCIES

- ELC of the Nature Coast
- ELC of Hernando County
- Muse Family Daycare in Sumter County
- Precious Cargo Preschool in Citrus County
- Hernando County Children's Alliance
- Hernando County Healthy Babies
- Sumter County Children's Alliance



PREVENTION OF CHILD DEATHS IN HOT CARS

Distribution of 1,010 window clings to raise awareness of heat stroke and risks of leaving children unattended in vehicles.

CAR SEAT SAFETY

CAR SEAT CHECKS

Trained technicians inspect and correct the installation of car seats, ensure the correct seat is used for the child based on age and weight, and provide information on car seat safety.

ENTERPRISE GRANT TO PURCHASE CHILD SAFETY SEATS



COMMUNITY BABY SHOWER EVENTS

Citrus County Baby Shower
Drive Thru: **100 Families**
Virtual Presentation: **41 Families**

Hernando County Baby Shower
Drive Thru: **60 Families**
Virtual Presentation: **29 Families**

Sumter County Baby Shower
Drive Thru: **35 Families**
Virtual Presentation: **23 Families**



PERINATAL MENTAL HEALTH

746
New mothers
screened for
depression

CHILD DEVELOPMENT

756 Infants and
children screened
for developmental delays

SUBSTANCE USE

NEW PROGRAM!



Nurse-Family Partnership is a national model for keeping children healthy and safe, and improving the lives of moms and babies. Our focus is to provide evidence-based home visiting and outreach services to at-risk pregnant women and their infants affected by substances. Services are provided for the family up to the target child's second birthday. The needs of other children in the home are also assessed and addressed.

Counties: Alachua, Citrus, Dixie, Gilchrist, Hernando, Lake, Levy, Marion, Sumter