

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

**4,460** pregnant women were offered the Healthy Start Prenatal Risk Screen by their prenatal care provider; **3,576** consented and completed the screen

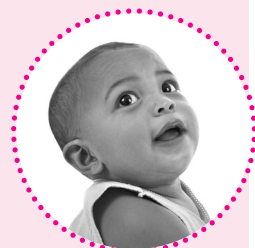
**6,422** infants received the Healthy Start Infant Risk Screen; **4,343** met the referral requirements

**9,123** families were provided a total of **20,504** *Connect* services

**2,320** families were provided a total of **69,994** *Healthy Start* services

**129** families received **988** home visits through our **Nurse-Family Partnership** program

**1,267** outreach efforts were provided to prenatal care providers, birthing centers, pediatricians, community agencies and families



#### COALITION AREA



#### HEALTHY START FUNDING

Department  
of Health  
**\$804,792**

Agency for Health  
Care Administration  
**\$1,958,862**

Leveraged  
Funds  
**\$227,292**

**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 & 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

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

### INFANT SAFETY



#### SAFE SLEEP

##### MOVING CRIB DISPLAY

###### PARTNERING AGENCIES

- Hernando County Children's Advocacy Center
- Citrus County Children's Advocacy Center
- Bayfront Health Spring Hill
- Bayfront Health Seven Rivers
- Langley Health Services in Sumterville
- Foundations of Life Pregnancy Center
- LifeStream Outpatient Center
- Hernando County Baby Shower Event
- Citrus County Baby Shower Event
- Citrus Health and Safety Fair
- UF Health Central Florida in Leesburg

#### SAFE SLEEP

##### AMBASSADOR TRAINING INFORMATION & SUPPORT

###### PARTNERING AGENCIES

- Hernando County Children's Advocacy Center
- Citrus County Children's Advocacy Center
- Bayfront Health Spring Hill
- Bayfront Health Seven Rivers
- Hernando County Early Learning Coalition
- Foundations of Life Pregnancy Center
- LifeStream Outpatient Center
- UF Health Central Florida in Leesburg

#### CHARLIE'S KIDS

A donation from the Charlie's Kids Book Grant program of the "Safe Baby Safe and Snug" board books were distributed to Healthy Start participants to teach safe sleep practices.



#### PREVENTION OF CHILD DEATHS IN HOT CARS

Distribution of **640 window clings** to raise awareness of heat stroke and risks of leaving children unattended in vehicles.

#### CHILD PASSENGER SAFETY

- ☐ 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.
- ☐ **17 certified child passenger safety technicians**



### CHILD DEVELOPMENT

# 787

Infants and children screened for developmental delays

### SUBSTANCE USE & SEN



#### Nurse-Family Partnership™

**96%** Breastfeeding initiation compared to **FLORIDA - 89%** **US - 89%**

**94%** Mother went to postpartum visit

**100%** Child has a pediatric home Plan of Safe Care **100%**

2021-22 MARKETING MATERIALS



### COMMUNITY BABY SHOWER EVENTS

Lake County Drive-Thru Baby Shower Event

Sumter County Drive-Thru Baby Shower Event

Hernando County Baby Shower Event

Citrus County Baby Shower Event



### PERINATAL MENTAL HEALTH

# 782

New mothers screened for depression

### BREASTFEEDING

#### Breastfeeding Friendly Recognition

**57 healthcare providers** **15 partner agencies** received information and support on how to obtain the Breastfeeding Friendly Award

Partner agencies include: America's Angels | Guardian Angel Preschool | All About Kids Daycare | Happy Days Childcare and Nursery | Trinity Learning Center | It's a Kid's World | Happy Land Daycare | ABC Child Development Center | Kids World Creative Learning | Little Disciples Preschool | Nature Coast Preschool and more!