

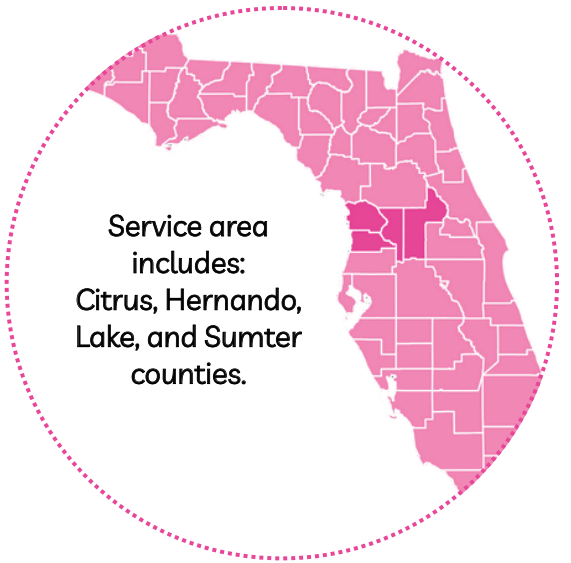


Central Healthy Start

Annual Report 2024-2025



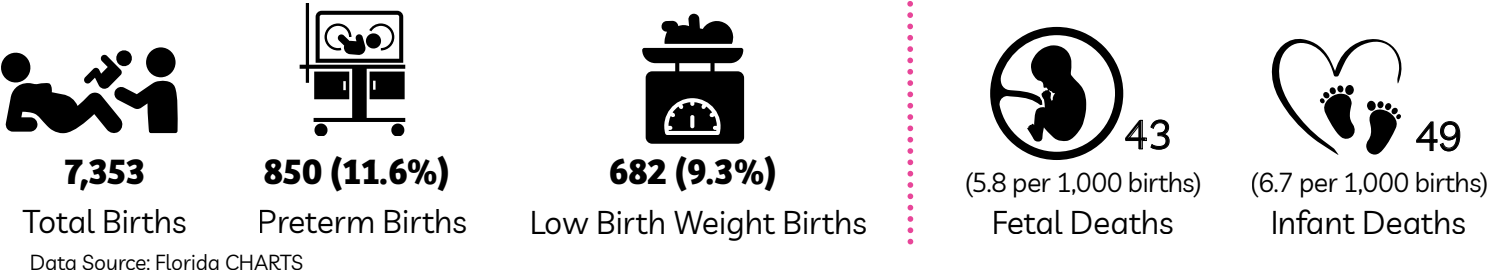
THE CENTRAL HEALTHY START COALITION is one of 32 Healthy Start Coalitions across the state. The Coalition serves four counties: Citrus, Hernando, Lake, and Sumter, most of which are rural with low population density. Income levels within the Coalition are slightly lower than the state. Given its sheer size and demographics, access to prenatal care and health differences among populations 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, fathers, infants, and children up to the age of five who are most at-risk for poor birth outcomes and need help with healthy child development.



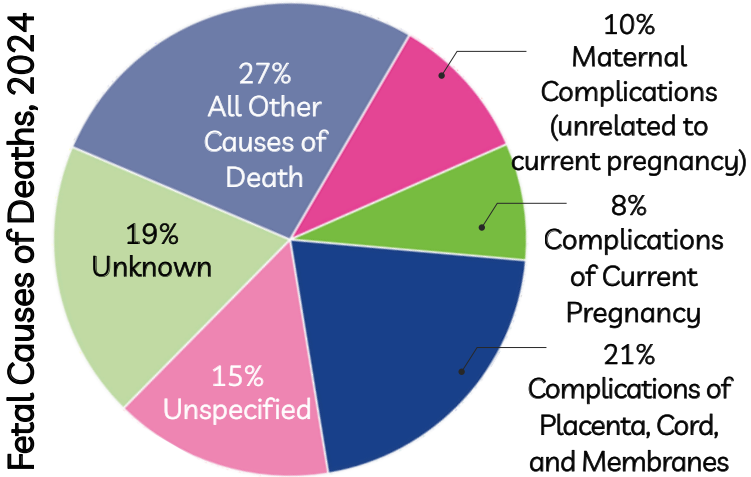
The Central Healthy Start Coalition manages and oversees the following home visiting programs within the Central Florida area: Healthy Start, Nurse-Family Partnership, and TEAM Dad.

COALITION LEVERAGED FUNDS
\$216,553

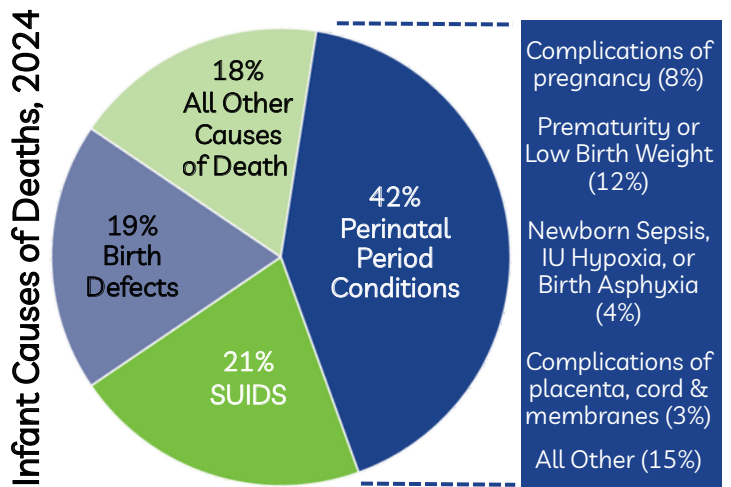
A YEAR IN REVIEW: KEY MATERNAL & CHILD HEALTH INDICATORS FOR OUR SERVICE AREA 2024



FETAL AND INFANT MORTALITY REVIEW (FIMR)



Racial differences for fetal deaths are significant for our Coalition area. In 2019-2023, the White fetal deaths were 6.4 per 1,000 and Other fetal deaths were 4.7 per 1,000 while the Black fetal deaths were 15.0 per 1,000.




Racial differences for infant deaths are significant for our Coalition area. In 2019-2023, the White infant deaths were 5.6 per 1,000 while the Other infant deaths were 7.1 per 1,000 and Black infant deaths were 12.3 per 1,000.





 **35%**
of pregnancies were NOT planned

 **32%**
had short intervals between pregnancies

 **61%**
were not using birth control

25%
Had late entry or no prenatal care 

 **32%**
of the women had a chronic health condition

 **58%**
of the women were overweight or obese

 **30%**
of the women were suffering with a perinatal mental disorder

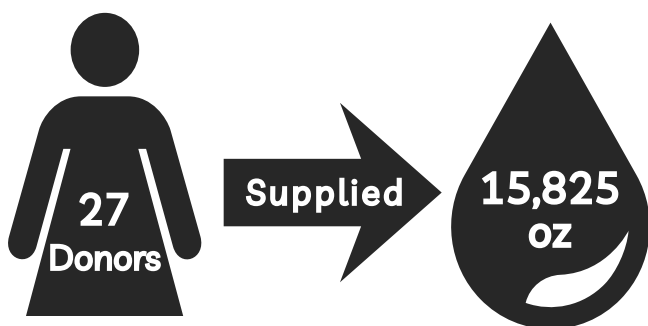
 **84%**
were eligible for home visiting services but weren't participating

CALL TO ACTION: • Revision of fetal death certificates • Eliminate barriers to fetal and infant autopsies • Eliminate prenatal care desert • Increase access to doulas



MOTHER'S MILK BANK DONATION SITE

Healthy Start is a depot location for the Mothers' Milk Bank of Florida. Depots raise awareness of non-profit milk banking and the need for life-saving milk, while providing a convenient and local location for donor moms to drop off their milk.



ONE OUNCE of breast milk provides up to 3 FEEDINGS for pre-term babies. Since 2024, we've collected enough donations to provide up to 27,996 feedings! This is just one small way we are making a positive impact in the lives of babies who were born preterm.

HEALTHY START DOULA PROGRAM

Investing in Doula care during pregnancy produces proven, long-term returns for mothers, babies and families. The Healthy Start Doula Program, using the G.R.O.W. Doula model, improves local maternal and child health systems of care. The goal of the Healthy Start Doula program is to increase community health literacy and improve outcomes among participating families by addressing factors that contribute to fetal death, infant and maternal mortality and morbidity.

Over the last two years, we've been able to provide the G.R.O.W. Doula training to more than 60 applicants, all of whom have become certified community doulas. Our goal for next year is to fully launch our own Healthy Start Doula program to provide services to families who desire them. With maternity care deserts impacting a large proportion of our Coalition service area, we think investing in community doula care is one way we can make a positive impact for families who are impacted.

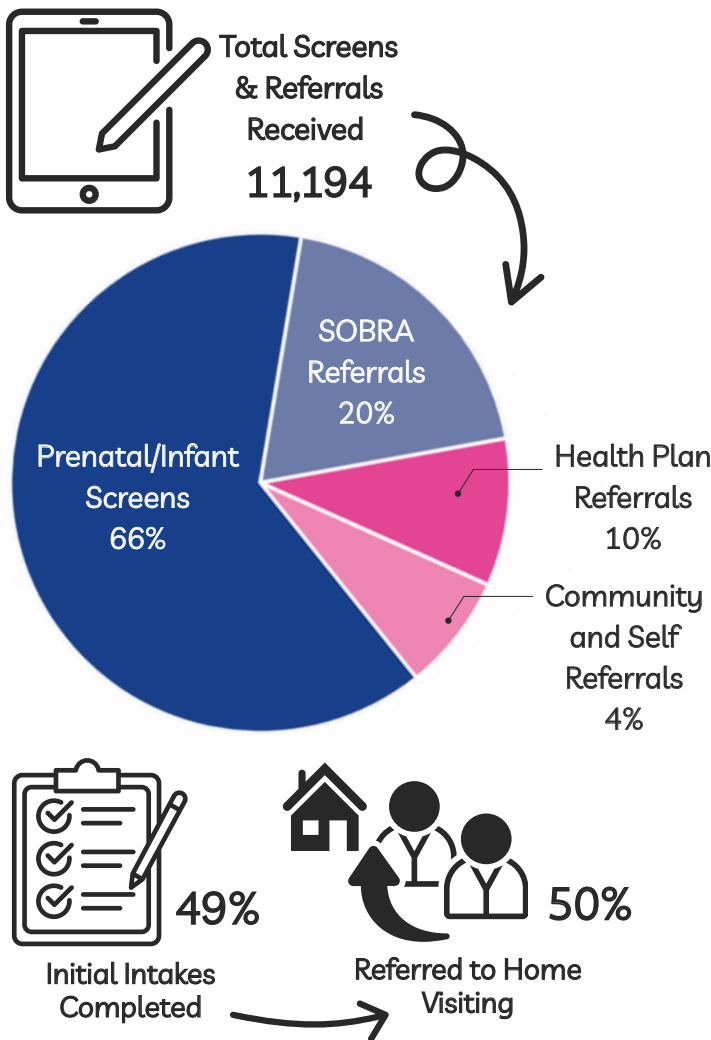


CONNECT (CI&R)

Connect, a coordinated intake and referral program, helps pregnant women, caregivers and families with young children by providing a one-stop entry point to home visiting programs and needed resources.

Participants are connected to various community programs and resources. Participating programs provide education and support in childbirth, newborn care, breastfeeding, child development, nutrition, family planning, help to quit smoking, infant safety, financial self-sufficiency, parenting and more. Resources may include food and housing assistance, counseling and employment services.

Connect Program Data July 2024- June 2025



MY HEALTHY START APP

My Healthy Start App is a free pregnancy and postpartum app brought to you by our Central Healthy Start and Healthy Start of North Central Florida Coalitions. Powered by Bump2Baby, My Healthy Start App provides tools and resources anytime, anywhere to support every stage of pregnancy and beyond.

READ, WATCH & LEARN

Media content with animation and videos for a healthy pregnancy and birth.

MATERNITY TOOLS

Tools for tracking contractions and kicks while pregnant, baby's measurements, a feeding log after delivery and more.

A PERSONAL JOURNAL

Add journal entries with photo attachments.

MANAGE PREGNANCY

Track milestones based on your due date and input all of your appointments.

HOME VISITING WORKS!

Home Visiting programs connect pregnant women and parents/caregivers with young children with a support person—typically a trained nurse, social worker or early childhood specialist. Quality home visiting programs, such as ours, help parents provide safe and supportive environments for their children, and over time, families and home visitors build strong relationships that lead to lasting benefits for the entire family.

Research shows that home visiting programs help children and families get off to a better, healthier start, and can be cost-effective in the long run by increasing family self-sufficiency and lowering healthcare costs.

In addition, home visiting programs eliminate common barriers for many participants who aren't able to access care - transportation and childcare.

HEALTHY START provides one-on-one support to assist a mother throughout her pregnancy and after the birth of her baby. A Healthy Start Home Visitor meets with the participant at the doctor's office, a home or any other place that may be convenient. Healthy Start services include: home visiting, pregnancy and breastfeeding support, parenting help, information on how to care for a newborn, education on health and well-being, and so much more.

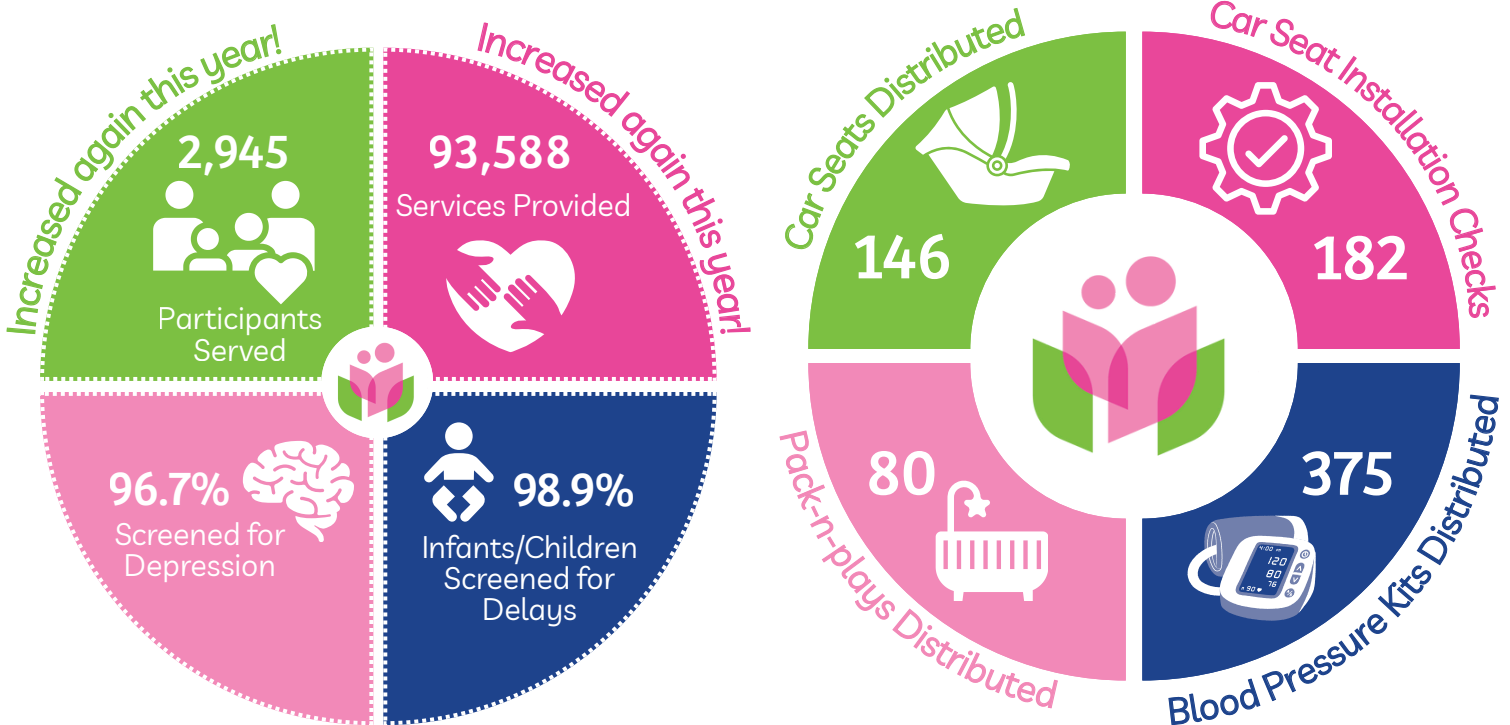
Central Healthy Start Outcomes, 2024-2025			
	Healthy Start Participants**	Service Area Residents	Florida Residents
Infant Deaths*	0.0	6.7	6.0
Preterm Births	10.5%	11.6%	10.7%
Breastfeeding Initiation	91.1%	84.6%	85.6%

*Infant Death Rates (rate per 1,000 live births)

**Healthy Start participants had 6 or more pathway visits.

Infant mortality rates for families receiving the full intervention are significantly less than the state average - Healthy Start participants had no infant deaths this past contract year. As you can see in the table above, Healthy Start is an effective intervention for reducing infant mortality and preterm birth rates, as well as increasing the initiation rate for breastfeeding. We are truly grateful to the Florida Legislature for seeing the value in Healthy Start and for allocating additional funding to the program during the 2025 legislative session. We look forward to serving even more families so that every baby can have a Healthy Start in life!

Program Highlights (7/1/2024 - 6/30/2025)



Every Baby Deserves A Healthy Start!



Sponsored by State of Florida, Department of Health, HEALTHY START MOMCARE NETWORK, INC., and State of Florida, Agency for Health Care Administration.

INTRODUCING OUR COALITION'S NEW SIGNATURE EVENT, THE BUMP2BABY EXPO!



Healthy Start's Bump2Baby Expo is a FREE maternal and infant health and safety event for families who are expecting or who already have a baby 12 months of age or less. During the 2024-2025 contract year, we launched our Bump2Baby Expo in Sumter and Citrus counties. During the months of September and October of 2025 we will have our Bump2Baby Expo in North and South Lake .

The Bump2Baby Expo was created as a way to provide education and resources to families within our Coalition service area. The education provided during the expo is taken from the results of our Case Review Team and Community Action Group under our Fetal and Infant Mortality Review (FIMR) projects. Since our FIMR project's inception, we've seen a higher number of cases impacted by the following:

- Unsafe sleep, the #1 avoidable cause of death for infants in our area. We want to encourage parents and caregivers to room share, not bed share.
- Complications and chronic health conditions such as high blood pressure, diabetes, labor complications and stillbirths.
- Interpregnancy intervals less than 18 months (women who aren't waiting at least 18 months between pregnancies give their bodies less time to heal and restore important nutrients needed). Women who have short interpregnancy intervals are at a higher risk of pregnancy loss, preterm birth, and stillbirth.



TEAM Dad

TEAM Dad is a free program that equips fathers with the self-awareness, compassion and sense of responsibility that every good parent needs. TEAM Dad is about Teaching, Empowering, Advocating for and Mentoring men on their fatherhood journey.

TEAM Dad has expanded! Our TEAM Dad program was recently awarded the Comprehensive Needs of Fatherhood grant through the Florida Department of Children and Families. With this new grant we are hiring and training three new TEAM Dad Fatherhood Educators who will provide services to participants outside of our current reach. Because of this new funding, we will be able to serve expectant fathers and fathers with children up to the age of five. TEAM Dad participants under this new funding will continue to receive education and support from the 24:7 Dad curriculum and will be provided case management services.



(Above and below) TEAM Dad program graduates.



Program Highlights 7/2024-6/2025



Nurse-Family Partnership

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. Pregnant women are partnered with a specially trained and experienced registered nurse early in pregnancy and continue with individualized ongoing home visits until the child's second birthday. The needs of the entire family are addressed, including other children in the home.

Program Highlights 7/2024-6/2025



"I remember my doctor telling me, 'if you don't get it together, someone else will be raising your kids' so that is when I decided to try NFP," she said.

(Left) Nia & her kids, Anthony, Ava and La'Mya



"Ava loves April - in fact, all my kids do! NFP was the best thing I ever did!"

(Left) Nurse April and NFP mom, Nia





Healthy Start

Central Healthy Start Coalition

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EveryBabyDeservesAHealthyStart.org



TEAM DAD



Nurse-Family Partnership
Helping First-Time Parents Succeed



Healthy Start Doula Program

FIMR
Fetal & Infant Mortality Review



Central & North Central Healthy Start Coalitions