



Healthy Start of North Central Florida

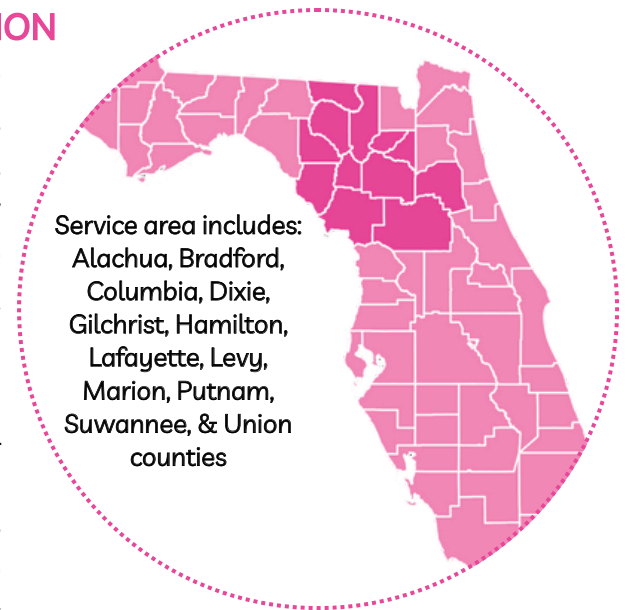
Annual Report 2024-2025



HEALTHY START OF NORTH CENTRAL FLORIDA COALITION

is one of 32 Healthy Start Coalitions across the state. The Coalition serves 12 counties: Alachua, Bradford, Columbia, Dixie, Gilchrist, Hamilton, Lafayette, Levy, Marion, Putnam, Suwannee and Union, most of which are rural with low population density. Income levels within the Coalition are slightly lower than the state and poverty rates are higher. Only two of the 12 counties have attendant medical and birthing center facilities, requiring many moms and babies to travel long distances for delivery. Despite these regional hardships, HSNCF uses its funding strategically to reach a large percentage of the area we serve—specifically, families with pregnant women, infants and children up to age three (up to age 5 for some of our programs) who are most at-risk for poor birth outcomes.

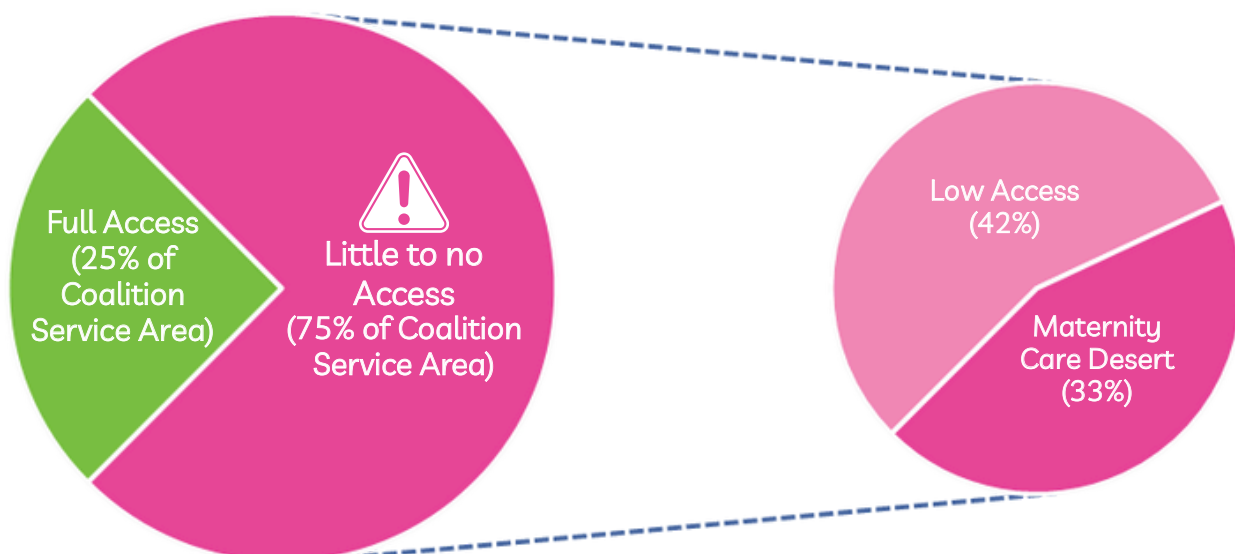
The HSNCF Coalition manages and oversees the following home visiting programs within the North Central Florida area: Healthy Start, Parents as Teachers, Nurse-Family Partnership, TEAM Dad, and the NewboRN Home Visiting program.



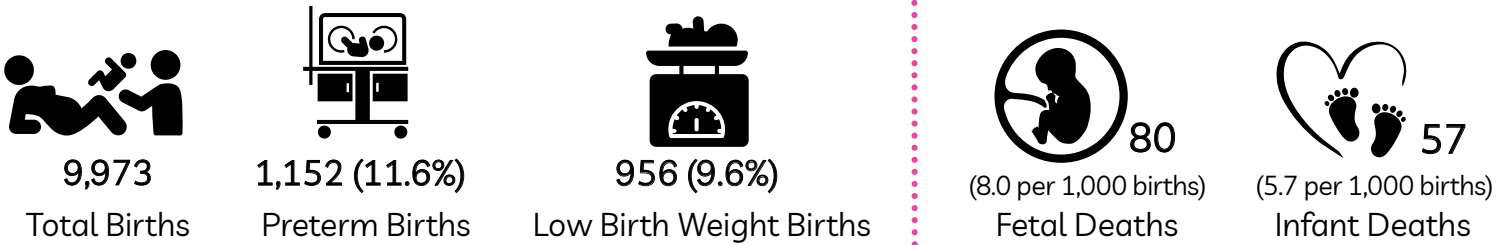
**COALITION LEVERAGED
FUNDS: \$2,192,796**

MATERNITY CARE DESERTS (little to no access for obstetric care)

According to the March of Dimes, a maternity care desert is an area where there is no access to birthing hospitals, birth centers offering obstetric care, or obstetric providers (obstetric providers include obstetricians, family physicians who provide obstetric care, certified nurse midwives and certified midwives). Four of our 12 counties meet the criteria for a maternity care desert: Dixie, Lafayette, Levy, and Union counties. Low access to care is an area with one or fewer hospitals or birth centers that provide obstetric care, few obstetric providers (less than 60 per 10,000 births) or a high proportion of women without health insurance. Five of our 12 counties meet the criteria for low access to care: Bradford, Columbia, Gilchrist, Hamilton, and Suwannee counties. Combined, nine of our 12 counties (75% of our Coalition service area) have a problem with accessing adequate obstetric care (approximately 27% of the Coalition total births).

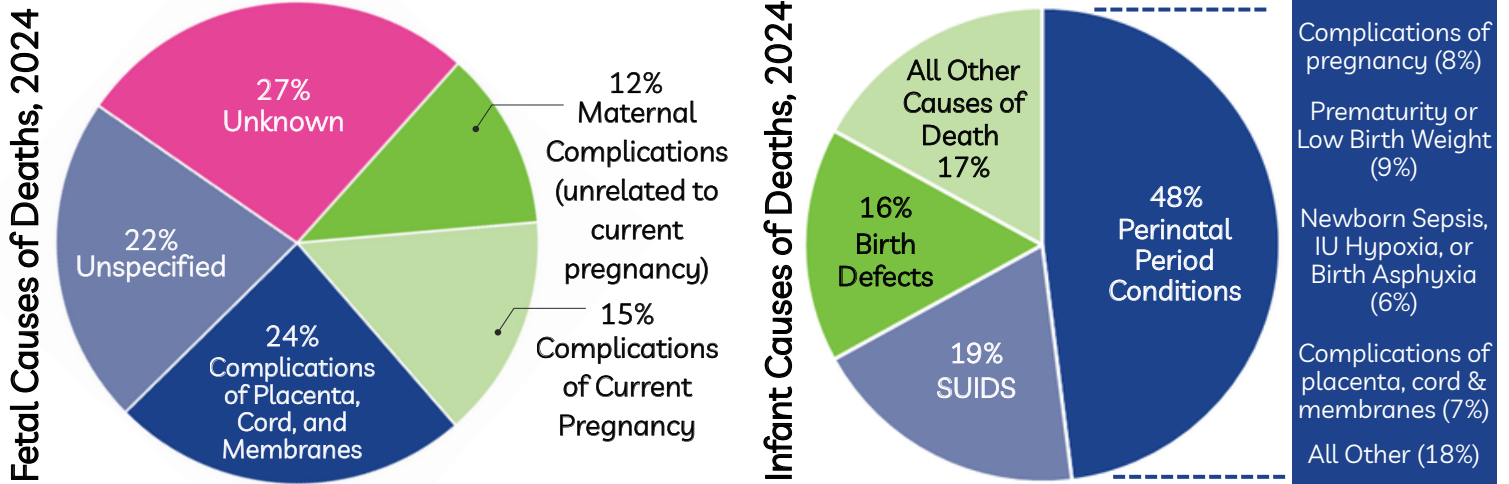


A YEAR IN REVIEW: KEY MATERNAL & CHILD HEALTH INDICATORS FOR OUR SERVICE AREA 2024



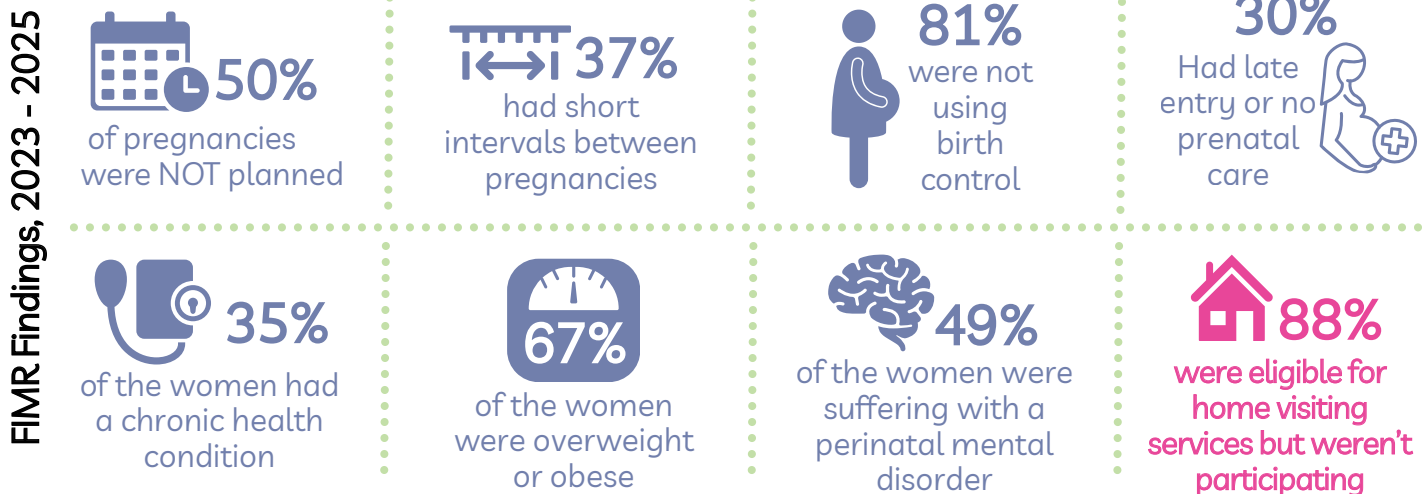
Data Source: Florida CHARTS

FETAL AND INFANT MORTALITY REVIEW (FIMR)



Racial differences for fetal deaths are significant for our Coalition area. In 2019-2023, White fetal deaths were 7.0 per 1,000 and Other fetal deaths were 6.9 per 1,000 while Black fetal deaths were 12.4 per 1,000.

Racial differences for infant deaths are significant for our Coalition area. In 2019-2023, White infant deaths were 6.2 per 1,000 while Black infant deaths were 12.4 per 1,000 and Other infant deaths were 13.9 per 1,000.

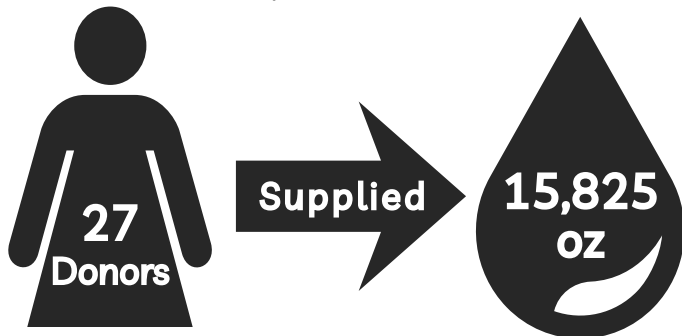


A CALL TO ACTION: Revision of fetal death certificates • Eliminate barriers to fetal and infant autopsies • Eliminate prenatal care deserts • Increase access to doulas



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. In 2024, we 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. Our goal is to increase total ounces collected in 2025!

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.

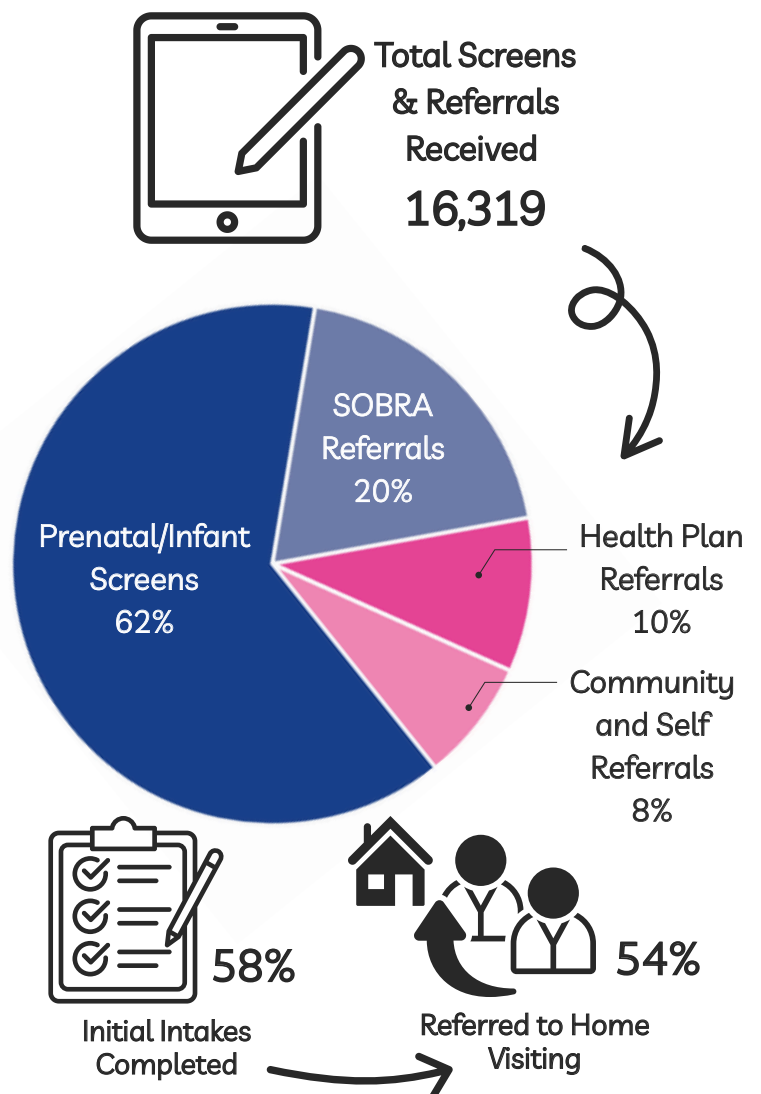


CONNECT (CI&R)

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



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.

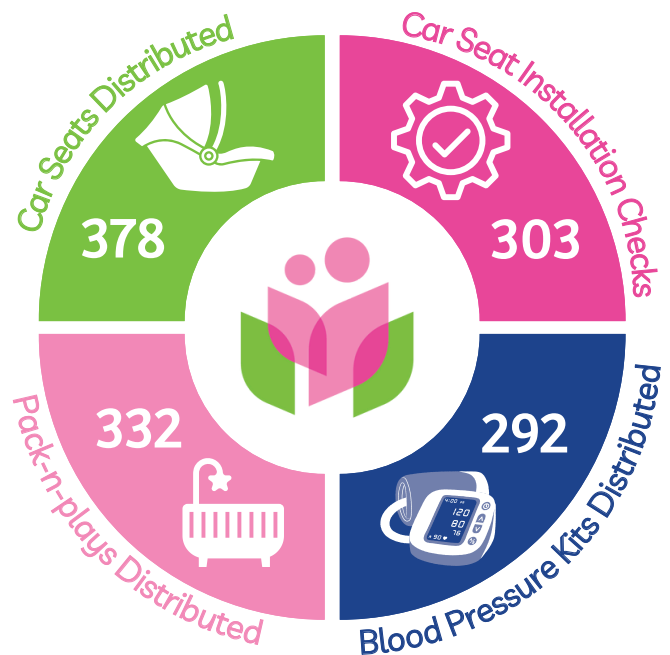
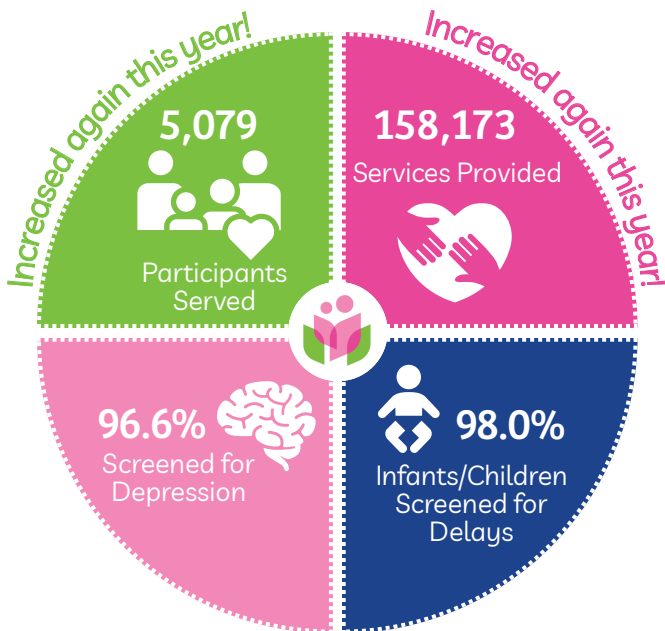
HEALTHY START provides one-on-one support to assist a mother throughout her pregnancy and after the birth of her baby. A Healthy Start Home Visitor meets with the participant at the doctor's office, a home or any other place that may be convenient. Healthy Start services include: home visiting, pregnancy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

Healthy Start of North Central Florida Outcomes, 2024-2025			
	Healthy Start Participants**	Service Area Residents	Florida Residents
Infant Deaths*	0.0	7.4	6.0
Preterm Births	7.5%	11.6%	10.7%
Breastfeeding Initiation	87.7%	79.4%	85.6%

*Infant Death Rates (rate per 1,000 live births) **Healthy Start participants had 6 or more pathway visits.

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.

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.

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

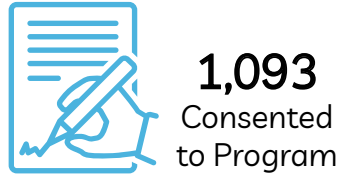


Services and support to care for substance exposed newborns.

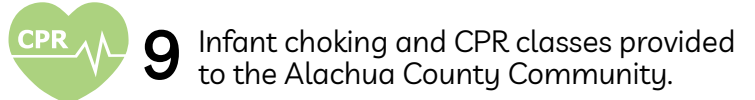
NewboRN Home Visiting

This program is available to Alachua County women who give birth at a hospital, birth center or home within the county. After baby is born, a registered nurse (RN) will visit the home to see how mom, baby and family are doing, share information and connect mom and the family to local resources.

Program Highlights (10/2024-7/2025)



"I credit my Nurse Home Visitor with saving my life with the well check. She told me to go back to triage and I was admitted to the ICU for complications the same day!" - NewboRN Home Visiting Participant (Picture of participant's newborn)



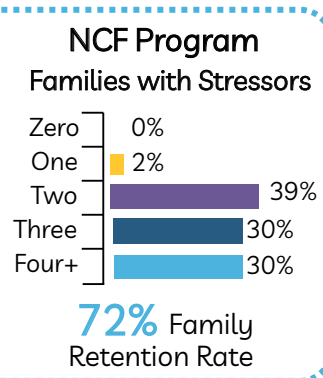
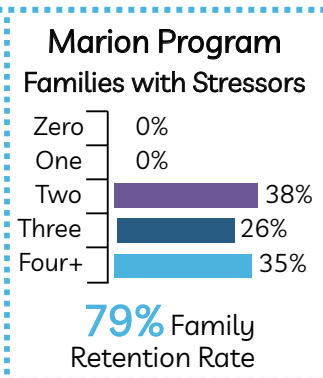
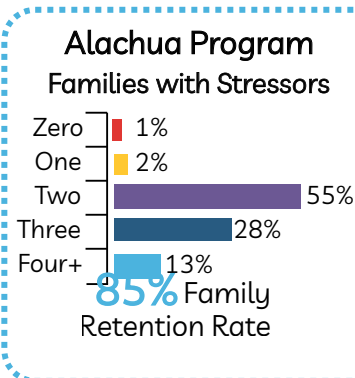
NewboRN Home Visiting is supported by the Children's Trust of Alachua County.



Parents as Teachers

Parents as Teachers is a free program that equips parents and caregivers with the knowledge, skills and tools they need to help their children be healthy, safe and ready to succeed in school. This program is offered to residents of Alachua, Bradford, Columbia, Hamilton, Marion, and Putnam counties.

Program Highlights 2024 - 2025



"There truly aren't enough words in the world to describe how wonderful our home visitor is. Growing up, I didn't have the best support system and upbringing and with my home visitor, I have been given so much to be thankful for. She provides me with comfort in knowing that what I am feeling is okay and normal. I truly can't thank you guys enough for this program and the impact it has made on me. I am forever grateful."

-PAT Participant

A parent is a child's first and most important teacher.





Healthy Start

Healthy Start of North
Central Florida Coalition

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EveryBabyDeservesAHealthyStart.org

