Healthy Start Okaloosa-Walton

2022 Winter Newsletter

The Healthy Start Coalition Partners With Ascension Sacred Heart on The Emerald Coast to Implement the M.O.R.E. Project

M.O.R.E-Maternal Opioid Recovery Effort

The M.O.R.E Project's purpose is to work with providers, hospitals, and other stakeholders to improve identification, clinical care and coordinated treatment/support for pregnant women with opioid use disorder and their infants. This project has allowed Healthy Start to connect and unite with Ascension Sacred Heart of the Emerald Coast to create a Mapping Tool that identifies Medication-Assisted Treatment (MAT) and other support services in Okaloosa and Walton Counties. Along with the Mapping Tool, providers will use the 5 P's Screening Tool to initiate the Plan of Safe Care (POSC) that will connect resources to the mother for wrap-around services and support. Our goal is to broaden this initiative to the remaining Labor and Delivery Hospitals in our community that serve mothers on their journey to a healthier life for themselves and their baby.

Florida Findings

Drug-related deaths are the leading cause of death to mothers during pregnancy & within one year of the birth.

Most deaths (75%) occur after the baby is born and mother has been discharged.

Information Provided by the Florida Association of Healthy Start Coalitions

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Access Meeting - Winter 2021

On December 16th, 2021, twenty community partners came together for the Access Meeting luncheon to learn and share applicable information that can help their clients, patients, or the students they work with.

The featured speaker was **Linsey Hall, MyGulfCare Team Lead/Care Manager for Population Health at Ascension Sacred Heart on the Emerald Coast.**

MyGulfCare is a chronic disease management program designed to assist people in improving their overall health and quality of life. They provide personalized education, support, and community resources to the uninsured and underinsured populations in Walton County who are living with Chronic Obstructive Pulmonary Disease (COPD), diabetes, high cholesterol, high blood pressure, and pneumonia.

If you are interested in attending or have a work associate that would benefit from learning about helpful resources in our community, please click the link below and sign up for Access Meeting invites.

Access Meeting Invite Sign-Up

MyGulfCare Website

L-R: ASHEC, Stephanie Barhello; HS Executive Director, Ardelle Bush;

and ASHEC, Linsey Hall

Safe Sleep Spotlight

Safe Sleep Surveys Go Virtual

We are excited to announce that we are transitioning away from using paper surveys to collect valuable feedback from new parents and are moving forward with an electronic version using tablets. We found that by having the survey downloaded on the tablet, we can capture the necessary data results in a timely and swift manner. In addition, it is easier for the parents to complete the survey on the tablets and more

efficient for the hospital staff members to manage. The Coalition invested in two tablets for each of our four labor and delivery hospitals participating in the successful Charlie's Kids - Sleep Baby Safe and Snug project. This beneficial project was launched four years ago to reduce the number of sleep related deaths.

North Okaloosa Medical Center: First Hospital to Receive Tablets

Pictured Above:

L-R: DOH Health Educator Consultant, Jasmine Selph; NOMC RN, Amy Benjamin; NOMC RNC Director of OB/Nursery, Laurene Galvin; HS Special Projects Coordinator, Bethany Guillory; NOMA LPN, Courtney Wilson; NOMC RN Charge Nurse, Lesley Belcher.

More About Safe Sleep

PSA- Smoking and Vaping During Pregnancy

Healthy Start is so appreciative to have a wonderful partnership with Cumulus Media who diligently works with us to create on point educational Public Service Announcements (PSAs). Our latest radio PSA addresses Smoking and Vaping During Pregnancy, which has shown to be a large and concerning issue not only in our community, but nationwide. Findings show that Okaloosa County has 2x higher rate of smoking while pregnant compared to the overall rate in Florida. Nationally, 3.6% of pregnant women reported vaping during their pregnancy during 2016-2018. (Wang et al., 2021)

Be on the lookout for our new brochure that compliments this PSA campaign, as we will be delivering them to the OB/GYN offices and Labor and Delivery Hospitals throughout Okaloosa and Walton Counties! Please email bethany@hsow.org if you would like copies of the brochure, which are available in English and Spanish.

Wang, X., Lee, N. L., & Burstyn, I. (2021, January 1). *Exposure-response analysis of the association of maternal smoking and use of electronic cigarettes (vaping) in relation to preterm birth and small-for-gestational-age in a national US sample, 2016-2018*. medRxiv. Retrieved January 6, 2022, from https://www.medrxiv.org/content/10.1101/2021.03.01.21252530v1.full

English Brochure **Spanish Brochure**

Healthy Start Clients Share their Experiences!

Healthy Start has empowered me to be the best mother I can be!

Without Healthy Start my baby and I would have gone without. Cathy, (my home visitor), gave me information on how to best care for my baby and make the best decisions for him.

Thank you Healthy Start and thank you Cathy, for helping me and my family.

-T.F.

Healthy Start has been an amazing program for me!

It's refreshing to have the support and the resources during a time when there is so much change happening within and around me.

This kind of support is something you don't think you need until you receive it.

-K.F.

client TESTIMONIES

Healthy Start Has Been Making a Positive Difference for 30 Years!

Healthy Start is part of the umbrella and safety net for mother and child health in Florida. In 1991, the Healthy Start concept was originally championed by Governor Lawton Chiles and First Lady Rhea Chiles to address the alarming rates of infant mortality and precariously low birth weights in Florida, and also to remove systemic barriers to prenatal and early childhood health care.

Through the use of a widely adopted Universal Screening Tool, as well as a coordinated system of care that identifies risk factors and helps to eliminate the duplication of services, today Florida's 32 Healthy Start Coalitions provide services for pregnant women and young children up to age three.

and Wow…. What a difference Healthy Start has made!

Since we launched in 1991, more than 6.6-million babies have been born in Florida!

Incredibly, during that time, Florida has seen a 32-percent reduction of infant mortality.

To put it another way, if the death rate today was the same as 30 years ago, 638 more babies would have died last year…. that's approximately 30 kindergarten classes.

Can you imagine? We're just so grateful to have contributed to such a life-saving and positive impact!

By using a simple screening assessment, we're able to identify risks faced by expectant mothers, and respond to those risks with a variety of resources.

Last year:

- 136,778 pregnant women completed the universal risk screening, and 198,489 infants were screened out of 207,730 infants born.
- More than 129,000 pregnant women and 84,000 babies, and their families received a service from Healthy Start in any of our programs.

And for the moms and babies who received Healthy Start home services,

- 90% of babies were born full term (Florida average 89.4%)
- Infant mortality rate was 2.77 per 1,000 live births (Florida average 6.0)
- 100% were screened for depression
- 84% of mothers who smoked quit or reduced their use
- 87% kept their postpartum doctor visits

These statistics represent dramatic improvement in the health of Florida moms and babies – a huge impact, particularly when considering the resources that are needed to care for moms and babies with health challenges.

Healthy Start is truly changing lives for the better. Together with our partners, we're so proud to join in celebrating our 30 years of success, and in preparing for the future generations to come.

Chris Sprowls snags award from Healthy Start Coalitions

Florida Association of Healthy Start Coalitions CEO Cathy Timuta presented House Speaker Sprowls with an award to **recognize his push to extend Medicaid benefits for pregnant women from two months to one year.**

The issue was one of Sprowls' top priorities in the 2021 Legislative Session. "every baby should have the opportunity to be born healthy. And every mother should have the maternal health care she needs to set up herself, her family, and her child to thrive," Sprowls said after receiving the award.

"The Florida House is proud to stand together in support of moms and babies across our state, and we are thankful for the work that groups like Healthy Start have done and will do with our investment to bring vital health care services within the reach of more mothers."

Photo Courtesy of the Florida House of Representatives
Photo Date: 11-30-21

L-R: Sachs Media Group Director of Public Affairs, Herbie Thiele; Florida Association of Healthy Start Coalitions CEO, Cathy Timuta; Florida House of Representatives Speaker, Chris Sprowls; Capital Area Healthy Start President, Chris Szorcsik; Sachs Media Group President, Michelle Ubben; and Waypoint Strategies President, Brian Jogerst.

In 2021, The Coalition provided 123 car seats and 171 Pack n' Plays to Healthy Start Clients

Connect
Connecting families to community programs

Connect helps pregnant women, caregivers, and families with young children by providing a single-entry point for needed services such as education and support in childbirth, newborn care, parenting, child development, food and nutrition, mental health, and financial self-sufficiency.

For more information on the Connect Program or to locate a Connect Representative for your county click the link below.

Click Here

Connect
Connecting families to community programs

Services

- Pregnancy, Childhood, & Parenting Education
- Breastfeeding Education & Support
- Help to Quit Smoking
- Infant Milestones & Child Development
- Family Planning
- Counseling
- Financial Planning & Links to Community Assistance
- Referrals to Other Community Resources
- Infant & Child Safety (Car Seat Safety, Safe Sleep, & More!)

Healthy Start
Okaloosa-Walton

Are you looking for Family Resources?

Click the button below for our 2019-2022 Family Resource Directory.

If you would like a physical copy, please reach out to bethany@hsow.org.

Resource Directory

Amazon Smile

Support the Healthy Start Coalition of Okaloosa and Walton Counties and the moms and babies in our community by shopping at

When you shop, Amazon Donates!

Click the Amazon Smile logo or the link below
to visit our Amazon Smile Page!

https://smile.amazon.com/ch/59-3115322

Healthy Start Coalition of Okaloosa & Walton Counties | 850-833-9284
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