

Happy Holidays and Thanks from the Healthy Start Family to Yours...

We thank you for another year of support and community collaboration, which it make it possible to empower the moms, babies and families we work with and to have a profound impact on the health and wellbeing on future generations of Manatee County!



We recently had a chance to personally thank Pastor Bobbie Blackburn, of Trinity Lutheran Church, for championing maternal-infant health and Healthy Start's mission. Since Pastor Bobbie was unable to join us during our annual meeting earlier this year, we tracked her down at the church to present her with the Healthy Start Advocate of the Year Award! We're so grateful to Pastor Bobbie - and the Trinity community - for their ongoing support of our work over the years!

They annually give in-kind and monetary donations so we can, then, provide moms and babies with much-needed essentials, like diapers and pack n'plays.

Our profound thanks also goes to the Democratic Women's Club, and longtime member, Patty Benson, who is a steadfast Healthy Start Champion! They are Healthy Start's Christmas angels, who annually make generous holiday season donations for our moms and babies.



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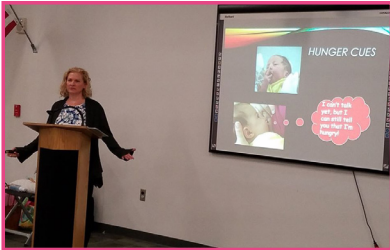
Serving pregnant women and infants in Manatee County, since 1992--because every baby deserves a Healthy Start.

Executive Director,
Fred Leonard



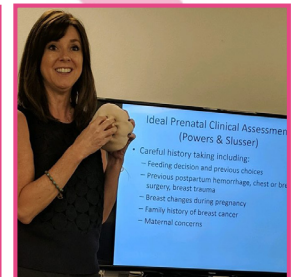
Professional Development to Best Support the Health & Wellbeing of Moms & Babies

Over the last few months our Care Coordination and Coordinated Intake & Referral teams expanded their knowledge base and gained tools to enhance their one-on-one education and support services with pregnant and new mothers.



On the heels of National Breastfeeding Awareness Month, the presenter at our General Membership Meeting (GMM) in September featured our very Charlene Chirillo, BSN, RN, ICCE, CBC. Her presentation, "Breastfeeding 101," provided our team, and other attendees, with practical tips on how to most effectively support and guide clients to breastfeed their babies successfully. For example, holding baby skin-to-skin for 2 hours after birth can increase breastfeeding success by 80%!

Our team members also attended a three-day Breastfeeding Counselor Course in October, presented by Mirine Dye, MPH, IBCLC, and held at Step Up Suncoast. It was a fantastic professional development opportunity to help them assist moms with breastfeeding promotion, initiation and problem solving.



Our October and November GMMs focused on women's reproductive health topics, including pelvic floor and vaginal health. Christin Caviness, DPT, CKTP, with Fitness Quest Physical Therapy, presented "Pelvic Floor Physical Therapy," where she shared insightful information on how to help our clients with pregnancy/postpartum-related pelvic and back pain, such as tailbone alignment issues and split abdominal muscles. She discussed techniques, such as breathing exercises, to help regain full working mechanics of the musculoskeletal system.

Paola Ferst, MS, with Planned Parenthood of Southwest and Central Florida, presented "Vaginal Health and Wellness," which delved into some of the more common health concerns women deal with, such as cervical cancer, HPV & PAP tests, helpful hygiene tips to share with clients and other prevention information, as well as the importance of well woman visits and corresponding screenings.



Most recently in December, several of our care coordinators participated in Centerstone's Sexual Assault and Trauma Services division's day-long workshop, "Referrals Training for Health & Social Service Providers Working with Women Who Experience Unintended Pregnancy." This unique training covered essential skills and information to understand barriers for women accessing reproductive health care, identify referral behaviors that respect clients' confidentiality and right to make their own decisions, and learn a model for effective referral-making.

Community & Family Outreach and Education

We are passionate about maternal child health and want to make sure moms and families have the information they need to make healthy decisions for themselves and their babies, so we love community events where we can do this on a broad scale!

Over the last few months, the Healthy Start team engaged in education, outreach activities, and community networking at various events, including the Back to School Family Fun Day at Church of Hope, the Salvation Army's Christmas programs' family registration events, the Gulf Coast Latin Chamber's Hispanic Heritage Month Conexiones event, held at our community partner's, MCR Health, the School District of Manatee County's Migrant Family Resource Fair, and the Home Visiting Coalition's Holiday Party for Families. Our team members shared information on Healthy Start services, maternal infant health, and related topics such as safe sleep, family planning, breastfeeding, community resources, and early literacy.



Client Testimonial

Healthy Start mom, Jade P., shared this touching testimonial about her experience with the program and her care coordinator, Tammy Szwec:

"Healthy Start Coalition is an amazing resource for any family, but especially great for first time parents. As a first time mom, I was instantly put at ease when I received my first phone call from my care coordinator Tammy. She answers any and all questions I have and has directed me to lots of different services available to me. The effort and care that Healthy Start has shown me, personally, is why I continue to see them. Now I bring my son [Oliver], who is nearly 2 years old, with me and he adores everyone just as much as we do. I highly recommend Healthy Start services to any family I come across."

Save the Date!

Manatee Community Baby Shower



Pregnant women and families with babies up to one year old in Manatee County are invited to join us for a FREE morning of fun, education, and prizes!



Saturday, April 6, 2018

10:00am-12:00pm

The Boys & Girls Club Palmetto

1600 10th Street West

Palmetto, FL 34221

Explore Local Resources
Enjoy Refreshments
Receive Safe Sleep, Nutrition &
Breastfeeding Information

For more information call (941) 708-8495



Healthy Start Manatee Risk Screening Data

The Healthy Start system of care utilizes a one-page risk screening tool for obstetric and pediatric providers, as well as other health professionals to identify and refer women and infants who may benefit from our program. This collaborative system helps ensure that women who need our services are able to readily access them.

The Florida Department of Health collects prenatal and infant screening data on a regular basis for all counties. Between July 1 and October 31, 2018, 989 pregnant women have been screened, making Manatee County's prenatal screening rate 83.6%. In addition, 1,004 mothers of infants were screened, making the infant screening rate 84.8%.

We are grateful to all of our provider partners who voluntarily conduct Healthy Start patient screening, including the OB practitioners listed here:



Prenatal Risk Screening Rates for Manatee Residents by OB/GYN Providers July 1, 2017 to October 31, 2018	
Provider	Number of Screens
East Manatee Women's Health Center*	4
Edgar H. Price, Jr. OB/GYN*	34
Lakewood Ranch OB/GYN	93
OB/GYN Women's Center	92
River Landings OB/GYN*	79
Premier OB/GYN	40
University Park OB/GYN	40
West Manatee OB/GYN*	488
Other Manatee County Providers	3
Providers in Other Counties	171
Total	1,044

*Denotes MCR Health Services Locations (formerly known as Manatee County Rural Health Services)

Healthy Start Coalition of Manatee County, Inc. receives funding from:



AGENCY FOR HEALTH CARE ADMINISTRATION