



COALITION NEWS DECEMBER 2008



2026 SE Ocean Blvd. Stuart, FL 34996 Phone: 772-463-2888 Fax: 772-463-2896

Reminders and News:

- Law Forum meets the first Tuesday of each month at the Father & Child Resource Center from 6:30-8:30pm. Free legal advice on issues affecting families and children. Call (772)463-2888 to reserve your place.
- Baby Basic Mom's Club Meetings have begun: Wednesdays from 1-2pm at the Parental Outreach Center and 2 Thursdays a month from 10:30-11:30pm at the Gertrude Walden Childcare Center. Call (772)463-2141 for more information.

BEDS 4 BABIES

Beds 4 Babies is a Healthy Start initiative, in which participants in an infant CPR class receive safe sleeping beds for their babies. Beds 4 Babies classes began in September of 2007 with fourteen classes completed to date. The latest class scheduled is Wednesday, December 17th. Classes are held at the Prenatal Outreach Center.

A total of 106 beds have been distributed and 49 remain for upcoming recipients. There have been a total of 150 participants to date in this program. All participants must meet eligibility requirements and be referred from Healthy Start or Healthy Families.



HAPPY HOLIDAYS FROM HEALTHY START AND THE FATHER & CHILD RESOURCE CENTER



The Healthy Start and Father & Child Resource Center Staff

Top Row from Left: David Cardno, Ellie Duell, Susanna Sierra, Kim Waser, Antoinette Pechacek

Front Row from Left: Eulalia Francisco, Lisa Olds, Lisa Wilson, Evette Camacho

LETTER FROM THE EXECUTIVE DIRECTOR

Happy Holidays to all,

As the holiday season is upon us, it is time to reflect upon a year of successes and look forward to new achievements in 2009. With screening rates successfully on the rise, we must look forward to further improvements and broadening our services to meet the needs of our growing population.

The Prenatal Outreach Center has been operating since July 1st, 2007 and continues to expand its services to women in need. Baby Basics classes are now offered for mummies-to-be and the Beds 4 Babies program is well underway having provided over 106 beds and training 150 participants in Infant CPR.

However, as we approach the new year we must continue to focus on the need for health education and community outreach as we strive to increase the rate of Martin County women entering prenatal care during their first trimester and improving overall birth outcomes.

I thank you all for your continued efforts and support, and all that you do for the Martin County Healthy Start Coalition. Together we have defined our needs and set our goals, and together we will continue to achieve great things.

May you all enjoy a very happy holiday and a prosperous new year!

-Lisa Olds, Executive Director

HEALTHY START FUNDERS



Children's Services Council
OF MARTIN COUNTY



United Way
of Martin County



Community Foundation
For Palm Beach and
Martin Counties



BEHAVIORAL PRENATAL COUNSELING CAN REDUCE SOME HEALTH RISKS

A recent study of 1,070 low-income black women in Washington, D.C. found that behavioral prenatal counseling had a significant effect on reducing high-risk behaviors such as smoking and depression as well as a reduction in the amount of women identifying themselves as victims of domestic abuse.

Of the 1,070 women studied, about half were randomly chosen to receive four 30-minute behavior counseling sessions during their pregnancy and one session after delivery. Several interviews were conducted during the pregnancy through the end of the study period, about ten weeks after delivery. At the end of the study, the results showed positive gains.

- 55% of women reported being exposed to second hand smoke, down from 83% at the beginning of the study.



“Findings suggest that just a few prenatal counseling sessions could produce long-term health benefits to women and their children.”

- Women who reported feeling depressed decreased from 51% to 27%.
- Only 10% of women reported being victims of domestic abuse at the end of the study, versus 37% at the start of the study.
- Women who received the counseling were

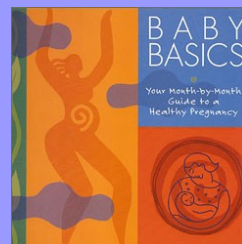
80% more likely to have resolved their risks, and 60% of the women were more likely to have addressed at least one risk factor.

Findings suggest that just a few prenatal counseling sessions could produce long-term health benefits to women and their children.

Did you Know?

Martin County offers smoking cessation for expectant mothers thru Healthy Start Care Coordination. This program is titled Make Yours a Fresh Start Family.

Psychosocial counseling is provided in Martin County thru Tykes and Teens.



Baby Basics Moms Clubs

A Prenatal Health Education and Health Literacy Program

For a Baby Basics Tour or more information, please contact:
Susanna Sierra, Health Educator
772-463-2141

From the authors of the best-selling pregnancy and parenting series “What to Expect When You’re Expecting,” Murkoff, Eisenburg, and Hathaway



Mission Statement

To establish a system in Martin County that ensures that all families have access to prenatal care and that ALL infants and children up to the age of three have access to services that promote healthy growth and development.



TRENDS IN MATERNAL OBESITY

Obesity is a public health crisis across the United States. In 1985, obesity trends recorded that less than 10% of Floridians were defined as overweight (defined as a BMI of greater than or equal to 30). Five years later, in 1990, Florida's overweight population had increased to 10-14%. This percentage continued to increase, with 20-24% of Florida's population defined as overweight in 2005.

Obesity has been linked to genetic, environmental, psychological, socio-cultural, and physiological origins. Many factors have been identified including economic status, limited food options, depression, insufficient sleep, stress, medications, eating on the go, and convenience foods.

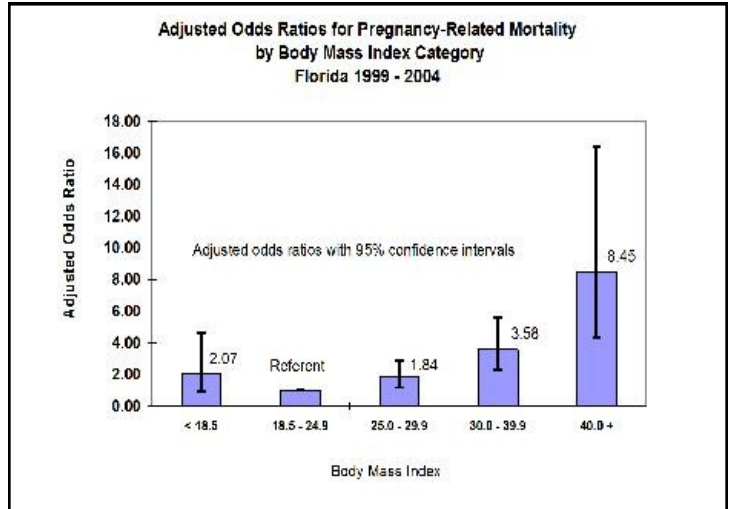
The health consequences of obesity can be particularly critical for women. In addition to diabetes, hypertension, heart disease, and certain types of cancer, women

have the added health consequences of irregular menstrual cycles, infertility, and urinary stress incontinence due to obesity.

The pregnancy risks for an overweight mother include hypertension, gestational diabetes, a prolonged first stage of labor, more blood loss, an increased rate of cesarean deliveries, and an increased risk of post-op infection and maternal death.

Obesity expenditures for adults in Florida is over \$3.9 billion annually. Over half of these expenses are paid by Medicaid and Medicare.

The ACOG 1st Committee Opinion on Obesity determined that exercise programs must be encouraged and nutrition counseling provided for expectant mothers. Additionally, overweight expectant mothers must be made aware of the potential pregnancy complications and screened for diabetes during



the first trimester. It has also been recommended that overweight expectant mothers consult with an anesthesiologist because of the increased likelihood of a cesarean delivery.

Efforts to combat maternal obesity continually focus on education and awareness and health rather than image. Health care providers are encouraged to empower women to take an active role towards change.

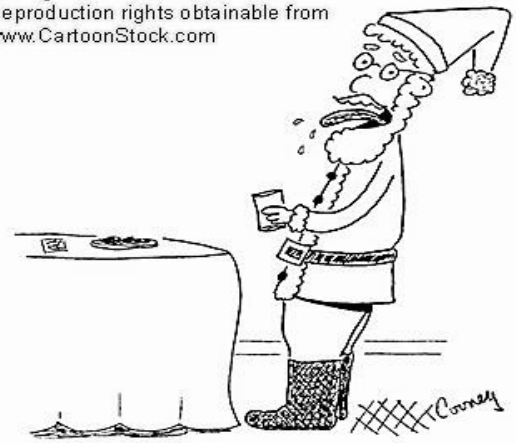


Adriana and DJ Pechaceck visiting with Santa

Healthy Tips for the Holidays

- Watch your portion sizes!
- Take a walk with your family on Christmas Day and Christmas Eve
- Eat before holiday parties so you don't over-indulge on not so healthy foods
- Take time out for yourself to avoid high stress levels
- Drink plenty of water
- Send leftovers home with your guests
- Sleep at least 8 hours a night
- Freeze or re-gift cookie gifts
- Don't leave food out around the house
- Remember that alcohol stimulates your appetite

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"Blech! Skim milk!"



MEET OUR BOARD



*Top Row from Left:
LC Campbell,
Kevin Youngblood,
Darren Steele, Dr.
Beau Laguerre
Front Row from
Left: Lorna Sin-
clair, Kim Major,
Donna Hosang,
Dale Martinez*

Mr. LC Campbell is the founding pastor of Nettles Island Church on Hutchinson Island, where he maintained the ministry from 1972-1978, but was summoned back to pastor again after the retirement of his replacement. He is currently in his 14th year of ministry, the second time around! Mr. Campbell has been active in our community through the Stuart Police Department, the Martin County Sheriff's Office as Chaplain, the Martin County School District, Civic Clubs, Leadership Martin County, Schooner Oaks Condo Association, and the Martin County Critical Incident Response Team. He is currently involved as a board member of the Martin County Chapter of the American Red Cross, the Father/Child Initiative, the 100 Club of Martin County, as well as the Leadership Martin County Alumni (class 13) and Board President of Martin County Healthy Start. Mr. Campbell has been married for 40 years, has two daughters, and three wonderful grandchildren.

Ms. Donna Hosang has worked for the Martin County School District for over 13 years. She currently serves as Shared Services Network Facilitator and Exceptional Student Education Parent Liaison, working to improve the lives of children at risk including children with identified disabilities. She has been a member of the IAC since 2000 and is also a graduate of Martin County LEADERSHIP. Ms. Hosang represents Shared Services Network on the MC Juvenile Justice Council, Treasure Coast Coordinating Council, the Treasure Coast Legislative Summit, the Shared Services Network, and the Kids of the Treasure Coast Conference.

Ms. Rachel Johnson is an Associate Attorney with Gary, Williams, Finney, Lewis, Watson, & Sperando, P.L. She is a graduate of Tulane University, Smith College, and Spelman College. She is involved with the American Bar Association, the National Bar Association, Louisiana State Bar Association, and the Malcolm Cunningham Bar Association.

Ms. Dale Martinez is a mother of three and a banker of 19 years. She has previously sat on the board of SOS Children's Village in Coconut Creek and co-founded the Coconut Creek Chamber of Commerce, on which she served as treasurer. She is currently employed by Seacoast National Bank as Vice President/Branch Manager of the East Ocean Office.

Dr. Beau Laguerre is Board Certified in Pediatrics and is in the Practice of General Pediatrics and Adolescent Medicine in Stuart, Florida. He studied at the University of Marseille Medical School, and he completed his Pediatric Residency at LSU Medical Center.

Ms. Kim Major has been married for almost 17 years with a 9 year old daughter. She is currently the midnight shift sergeant with the Stuart Police Department. Ms. Major is involved as a volunteer at her daughter's school, where she helps organize Team Shannon for the Juvenile Diabetes walk. Her personal hobbies include running, reading, traveling, and Disney. She has 3 dogs, 6 chickens, and a pig.

Ms. Christina Kaiser is the Development Director for United for Families, the lead child welfare agency that coordinates child-welfare services in St. Lucie, Martin and Okeechobee counties.

Mr. Darren Steele is an attorney at The Law Offices of Watson & Steele, specializing in Criminal Law and Mediation. He is a graduate of Tulane University, and attended law school at Wyoming. He has studied in Mexico, Spain, and Israel. He is married to Nereida, and they have a nine-year old son named Lucas and are expecting a baby girl in February.

Ms. Lorna Sinclair was educated in Scotland, where she completed the four year nursing program, post-graduate courses in midwifery, and a BA in Nursing Studies from The Robert Gordon University in Aberdeen. Since coming to the USA in 1975, Ms. Sinclair has worked exclusively in the Maternal Child arena, and she developed the Mother Baby Home Care program at Martin Memorial. She has been involved with Healthy Start from its beginning, serving as Board President twice. She is a member of ICEA and AWHONN. She has two brothers, who live in Scotland with their families and is the owner of Maggie the lab and O'Malley the alley cat.

Mr. Kevin Youngblood was born in Stuart and grew up in Palm City. He is an alumnus of Martin County, IRCC, and FAU with his Master's Degree in Taxation. He started his own CPA practice in October 2007. He has previously served on the board of the Rotary Club of Stuart and is an active Board Member and Trustee of the Salerno Southern Methodist Church.