



COALITION NEWS

FEBRUARY 2009



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

LETTER FROM THE EXECUTIVE DIRECTOR

Greetings,

This month we invited our community to attend our Prenatal Outreach Center Open House on February 12th. The Open House allowed our guests the unique opportunity to tour the Outreach Center and all of its components that connect families to much needed services and prenatal care.

The Outreach Center is a critical part of the Healthy Start mission to ensure that all families have access to prenatal care. In addition, the Outreach Center houses Whole Child, Baby Basics, MomCare, and Fatherhood Counseling.

Many services are provided through the Prenatal Outreach Center, including Beds 4 Babies, Prenatal Care Funds, Prenatal Outreach Coordination, Community Advocacy, and Health Education.

The Beds 4 Babies program is the result of recent findings linking unsafe sleeping environments to infant deaths. Families are trained in Infant CPR at the Outreach Center and after completing the certification, they receive a safe infant bed.

Outreach Coordination assists in helping women access and stay in prenatal care and work toward improving the user-friendliness atmosphere and services of prenatal care sites. Additionally, they also assist all women eligible for Medicaid.

The advocacy program locates pregnant women who are at high risk for late or no prenatal care through innovative outreach, educational seminars, church presentations, community center gatherings, and person to person dialogue. Once identified, they will connect each woman with the Prenatal Outreach Coordinator to facilitate entry into services as needed.

Once connected to care, women begin the Baby Basics program, which will provide comprehensive prenatal information in literacy relevant manner, empower her to use books for information, and providing encouragement – and the reasons for changing health behaviors.

Since the opening of the Outreach Center in July of 2007, we have served over 300 women, 75% of whom entered prenatal care during their first trimester. The Prenatal Outreach Center is a pivotal component of our community's success in these areas and continues to make strides in targeted areas of concern.

However, it is only together that we can improve outcomes for Martin County's women, babies, and their families. Therefore, I invite you to be a force for change in improving the health and well-being of our families.

Support can be contributed for any of the following programs:

- Beds 4 Babies
- Health Literacy and Education
- MomCare
- Prenatal Care Community Funds
- Healthy Start Coalition of Martin County

Your gift, no matter what size, is vital to the continued success and operation of the Martin County Prenatal Outreach Center and the services it provides. We thank all of our funders for having such a positive impact on the lives of our women, children, and their families.

- Lisa Olds, Executive Director

Reminders and News:

- Law Forum meets the first Tuesday of each month at the Father & Child Resource Center from 630-830pm. Free legal advice on issues affecting families and children. Call (772)463-2888 to reserve your place.
- Baby Basic Moms Club Meetings are every Wednesday from 1-2pm at the Parental Outreach Center and 2 Thursdays a month from 1030-1130pm at the Gertrude Walden Childcare Center. Call (772)463-2141 for more information.

Upcoming Meetings:

- Family Law Forum, March 3rd at 6:30pm in the CSC Conf. Room.
- General Coalition Meeting, February 25th, 2009 at 3pm in the CSC Training Room
- Board Meeting, February 26th, 2009 at 12pm in the CSC Training Room.

Pregnant? Get Prenatal Care—call 772-463-2141

The Prenatal Outreach Center can help you find:

- Medicaid Health Insurance
- A Doctor
- A Maternity Care Advisor
- Referrals to WIC
- Referrals to Healthy Start
- Educational Materials

Prenatal Outreach Center
3257 SE Salerno Road
Stuart, FL 34997
772-463-2141

HEALTHY START FUNDERS



Children's Services Council
OF MARTIN COUNTY



United Way
of Martin County



Community Foundation
For Palm Beach and
Martin Counties



Allegany Franciscan Ministries, Inc.

VITAMIN D DEFICIENCIES AMONG PREGNANT AND BREASTFEEDING WOMEN

Vitamin D has been linked to cell differentiation (minimizing a key step in cancer development), bone and muscle health, insulin secretion, and as a role player in the maintenance of normoglycemia. It has also been found to play a role in maintaining a healthy immune system and contributing to blood pressure control (Fitzgerald, November 2008).

The rate of vitamin D deficiencies has increased in the past few years. Sun exposure in combination with a diet of foods rich in fatty acids like fish and enriched dairy products should provide the necessary amount of vitamin D. However, studies conducted throughout the US have found that many citizens have a vitamin D deficiency. The increased use of sunscreen to prevent skin cancer increases the risk of vitamin D deficiency because it reduces the skin's capacity to produce vitamin D (Bosco, Fitzgerald



Health Education Associates News, November 2008).

Very little research has been done regarding breastfeeding mothers and vitamin D supplements, however The American Academy of Pediatrics recommends that all breastfeeding newborns receive a supplemental daily dose of vitamin D (400 IU/d) in order to prevent rickets.

A study was conducted at The Medical University of

South Carolina in which breastfeeding mothers were given a daily dose of either 2000 IU or 4000 IU of vitamin D for three months. At the end of the study, the 4000 IU group was more effective in raising both maternal, infant, and breast milk vitamin D levels.

The study concluded that breastfeeding mothers and their infants would benefit from a maternal supplement of vitamin D 4000 IU daily.

STUDY FINDS MANY BLACK PARENTS DISTRUST MEDICAL RESEARCH

African Americans are significantly underrepresented in clinical studies according to a study at the Children's Hospital of Pittsburgh. The lack of participation in clinical trials springs from black parent's distrust in medical research.

According to the Archives of Pediatrics and Adolescent Medicine, of the 140 African American parents studied, 67% reported distrusting medical research versus 50% of the 50 white parents. Education also played a factor, with 74% of those with less than a high school education distrusting

medical research versus only 44% of college graduates. However, African American race remained a predictor of distrust even when education was controlled.

An editorial was published in the Pittsburgh Post Gazette in response to this study writing, "Black parents owe it to their children...to become more sophisticated about how American medical policy evolved over the decades." The editorial refers to the data collected, stating "These are devastating numbers on attitudes that may account

for some of the disparity in health care between whites and African-Americans." (Pittsburg Post Gazette, 2/6).

Martin County Healthy Start Coalition has specifically targeted the black female population in an effort to improve poor birth outcomes. Births under 2500 grams in Martin County among the black population are almost twice as high as any other race. Additionally, the infant mortality rate among the black population is three times that of any other race.

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.

MARCH FOR BABIES

The March of Dimes March for Babies has officially kicked off. The March for Babies began in 1970, and has raised \$1.8 billion to benefit all babies.

Money raised through this event supports programs in communities that help moms have healthy, full-term pregnancies. It also funds research to find answers to serious problems that threaten babies.

Seventy-seven cents of every dollar raised is used to accomplish the March of Dimes mission, to improve the health of



babies by preventing birth defects, premature birth, and infant mortality.

Martin County Healthy Start Coalition has formed a team for the March for Babies event, which will take place at

Memorial Park on April 25th. Our team goal is to raise \$1500, and we have currently raised \$120.

We welcome your support in our efforts and ask for your help either by pledging to raise funds for this cause as a member of our team, or through a donation. Donations can be made online at:

marchforbabies.org/629227

We welcome your support and hope to see you on April 25th!

Our Team's Event:

Team Name: Martin County
Healthy Start

Team Page:
www.marchforbabies.org/629227

Memorial Park
April 25, 2009
Memorial Park
100 E Ocean Boulevard
Stuart, FL 34994

Walk Distance: 3 miles
Registration Time: 7:00AM
Start Time: 8:00 AM
Chapter: Treasure Coast
Division
Phone #: (772) 562-0115

Did you Know?

Children with an involved father:

- Are better-prepared to start school
- Develop social skills at an earlier age
- Perform better in school
- Demonstrate greater pro-social behavior as a teen
- Develop more self-esteem compared to peers
- Are better-equipped to resist peer pressure to experiment with drugs and alcohol
- Are far less likely to be involved with juvenile justice
- Delay sexual experimentation as a teenager



Save the Date

*Martin County Healthy Start Coalition
Annual Luncheon*

Friday, May 15th, 2009

11:30am-2:30pm

Monarch Country Club



Children's Services Council
OF MARTIN COUNTY



MEET OUR STAFF

EVETTE CAMACHO, FISCAL ADMINISTRATOR



Evette Camacho has been working in the non-profit sector for 18 years prior to joining the Healthy Start staff. A New York native, she spent ten years as a bookkeeper for

F.E.G.S. (Federation Employment and Guidance Service), a sheltered workshop for the disabled followed by eight years working as the Senior Bookkeeper for East Harlem Tutorial, an after school program targeting inner city youth. She left New York and moved to Florida in November of 2007.

Evette has been married for eighteen years to Eusebio and has two daughters.

Nyobi, 18, is currently attending Ohio State University, while Amber, 14, is a Freshman at St. Lucie Centennial High School.

Evette has a bachelor's in Church Ministry and an associates in Christian Studies. She is a licensed minister, although she is not practicing. Evette is currently completing her associates in accounting.

Evette is very involved with her church, Hosana Palm Beach, and sings in the church choir. She also enjoys swimming.



"The love we give away is the only love we keep." - Elbert Hubbard

HEALTHY START SCREENING RATES

Prenatal and Infant Screening Rates are crucial to the success of the Healthy Start Program. Each obstetrical provider serving Martin County residents is tracked on the number of clients who accept Healthy Start services and consent to the Healthy Start screen. Each practice has developed its own way to promote the crucial Healthy Start Program. The following screening rates are for the first and second quarters of the 2008/2009 fiscal year, from July through December 2008.

Prenatal Screening Results for Martin County Residents

- Martin County Health Department 257 / 263, 97.7%
- Physicians to Women, 99 / 140, 70.7%
- Women's Health Specialists, 81 / 100, 81%
- St. Lucie Women & Children, 7 / 8, 87.5%
- Coastal OBGYN, 3 / 3, 100%
- Women's Health Care of Pt. St. Lucie, 3 / 3, 100%
- FCHC (Ft. Pierce), 1 / 1, 100%
- Grace Women's Health Specialists, 3 / 3, 100%
- Palm Beach County, 36 / 54, 66.7%



Happy Valentine's Day!



Featured Healthy Start baby entering screens!

**From all of us at
Martin County
Healthy Start**

Thank you to all of our providers and those who administer screens for your continued attention to consent rates! You are truly helping every baby have a healthy start!